

Craving Management Worksheet

Instructions: Document recent cravings and the circumstances surrounding them. Outline the strategies you used to manage each craving and their effectiveness.

Recent Cravings:

1. Date & Time: _____

Situation: _____

Emotional State: _____

Physical Symptoms: _____

Strategy Used: _____

Effectiveness: _____

2. Date & Time: _____

Situation: _____

Emotional State: _____

Physical Symptoms: _____

Strategy Used: _____

Effectiveness: _____

3. Date & Time: _____

Situation: _____

Emotional State: _____

Physical Symptoms: _____

Strategy Used: _____

Effectiveness: _____