

UNDERSTANDING CRAVINGS

Clean Slate Clinic

Cravings are the intense urge to use a substance, often triggered by physical, emotional, or environmental cues. Cravings are normal when ceasing or cutting down on alcohol or other substances.

The good news is that over time these cravings will lose their power. Like a set of waves, building slowly, peaking and then subsiding, an urge is the same - they lose their power and eventually pass.



1

PLANNING AND DISTRACTION

Understanding when cravings are likely to appear can help you manage them. Keeping an Urge Log helps you identify your urges, how long they are lasting, the trigger, and what alternative behaviours or activities you could plan to adopt.



2

MINDFULNESS AND SELF AWARENESS

Deep breathing and meditation can help you stay grounded in the present and help you let the craving pass. By observing your thoughts and emotions without judgement, you can reduce the power of the craving.



3

BUILDING A SUPPORTIVE NETWORK

Surround yourself with people who understand your journey and provide you with encouragement. Sharing the struggle with those you trust can lighten the burden of cravings and offer a sense of belonging.



For further support managing your cravings speak to your Clean Slate Clinic clinician

UNDERSTANDING CRAVINGS

Clean Slate Clinic

Cravings are the intense urge to use a substance, often triggered by physical, emotional, or environmental cues. Cravings are normal when ceasing or cutting down on alcohol or other substances.

The good news is that over time these cravings will lose their power. Like a set of waves, building slowly, peaking and then subsiding, an urge is the same - they lose their power and eventually pass.



1

PLANNING AND DISTRACTION

Understanding when cravings are likely to appear can help you manage them. Keeping an Urge Log helps you identify your urges, how long they are lasting, the trigger, and what alternative behaviours or activities you could plan to adopt.



2

MINDFULNESS AND SELF AWARENESS

Deep breathing and meditation can help you stay grounded in the present and help you let the craving pass. By observing your thoughts and emotions without judgement, you can reduce the power of the craving.



3

BUILDING A SUPPORTIVE NETWORK

Surround yourself with people who understand your journey and provide you with encouragement. Sharing the struggle with those you trust can lighten the burden of cravings and offer a sense of belonging.



For further support managing your cravings speak to your Clean Slate Clinic clinician