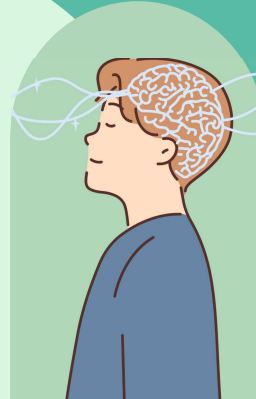


KICKING CRAVINGS

Delay - Distract - Decide

Clean Slate Clinic

Cravings lose their power when your reasons for change are clear and at the forefront of your mind - Record your reasons here and keep this card in a visible place



1

DELAY

Diaphragmatic deep breathing
Drink Cold Water
Delay mantra 'This craving will pass'



2

DISTRACT

List of 'focused' activities, friends to call,
planned activities, places to go



3

DECIDE

Decide not to do what the craving wants you
to do, decide to act according to your goals
and towards the life you want - keep a
record of your goals below



For further support kicking cravings speak to the Clean Slate Clinic team