

HOW TO STOP THE CRAVING FOR ALCOHOL

STOPPING EMOTIONAL CRAVINGS

- Identify trigger
- Separate behaviour from intention
- Question negative assumptions
- Separate meaning from external events
- Recall negative consequences of drinking
- Address the stressor using different resources
- Identify big picture "why" in sobriety

STOPPING PHYSICAL CRAVINGS

- Recognise physical vs emotional cravings
- Seek professional detox intervention

IDENTIFY UNDERLYING BELIEFS

When triggered:

- What feeling appears when you do decide to drink?
- What feeling appears, when you decide NOT to drink?

PLAN AHEAD

- Develop a cravings plan
- Self-help worksheets
- Professional therapeutic CBT or counselling