

# SUBSTANCE ABUSE WORKSHEET

## DEALING WITH CRAVINGS

Substance craves to use the substance again and again. Challenging one's thoughts can help in dealing with these cravings and urges. In the tables given below, mention the triggers of your urges and cravings.

Write down the following thoughts and behaviors . Next , challenge your thought by rationalizing it or replace it with a positive thought, to predict your new behavior!

[illegible]