

# Visit 29 - Urges Revisited

# Urges



How do I handle my urges to drink?

What are my triggers?

# Handling Urges to Drink

## Plan ahead to stay in control

As you change your drinking, it's normal and common to have urges or a craving for alcohol. The words "urge" and "craving" refer to a broad range of thoughts, physical sensations, or emotions that tempt you to drink, even though you have at least some desire not to. You may feel an uncomfortable pull in two directions or sense a loss of control.

<https://rethinkingdrinking.niaaa.nih.gov/tools/worksheets-more/how-stop-alcohol-cravings>

# Handling Urges to Drink Continued.....

Fortunately, urges to drink are short-lived, predictable, and controllable. This short module offers a [recognize-avoid-cope](#) approach commonly used in cognitive behavioral therapy, which helps people to change unhelpful thinking patterns and reactions. It also provides worksheets to help you uncover the nature of your urges to drink and to [make a plan](#) for handling them.

<https://rethinkingdrinking.niaaa.nih.gov/tools/worksheets-more/how-stop-alcohol-cravings>

# Handling Urges to Drink Continued.....

With time, and by practicing new responses, you'll find that your urges to drink will lose strength, and you'll gain confidence in your ability to deal with urges that may still arise at times.

<https://rethinkingdrinking.niaaa.nih.gov/tools/worksheets-more/how-stop-alcohol-cravings>

# Handling Urges to Drink Continued.....

If you are having a very difficult time with urges, or do not make progress with the strategies in this module after a few weeks, then consult a doctor or therapist for support. In addition, some new, non-habit-forming medications can reduce the desire to drink or lessen the rewarding effect of drinking, so it is easier to stop.

<https://rethinkingdrinking.niaaa.nih.gov/tools/worksheets-more/how-stop-alcohol-cravings>

# Handling Urges to Drink Continued.....

Consider tracking and analyzing your urges to drink for a couple of weeks. This will help you become more aware of when and how you experience urges, what triggers them, and ways to avoid or control them. A sample tracking [form](#) is provided below.

<https://rethinkingdrinking.niaaa.nih.gov/tools/worksheets-more/how-stop-alcohol-cravings>



# Today's Interactive Sessions:

## AUD Urge Trackers – improving your insight into urges & responses.

Visit this website to learn more about Alcohol Urge Tracking Card and how they can be used as a tool to help you reduce your drinking.

<https://rethinkingdrinking.niaaa.nih.gov/tools/worksheets-more/how-stop-alcohol-cravings>

### Urge Tracker

Print this form and carry it with you. Record the details as soon after an urge as possible.

Date/time	Situation (people, place) or trigger (incident, feelings)	What was the urge like?		How I responded	What I'll do next time
		Was it a thought? Emotion? Physical sensation?	Rate it from 1 (mild) to 10 (strong)		



# Today's Writing Assignment:

Place today's date in our notebook.

Think about the last time you had an urge. Using the format on the urge tracker cards, write the information in your notebook (Date, situation, what was the urge like?, How I responded? What I'll do next time)

We encourage you to do this at home. This will help you learn about yourself and ultimately conquer your relapses and take back control of your life and health.

Urge Tracker

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Date/time	Situation (people, place) or trigger (incident, feelings)	What was the urge like?		How I responded	What I'll do next time
		Was it a thought? Emotion? Physical sensation?	Rate it from 1 (mild) to 10 (strong)		

***Once you are done a staff member will come check on you and go over your written material with you.***