Craving is most often experienced early in treatment, but episodes of craving may persist for weeks, months, and sometimes even years after some stop using and or drinking. Craving may be uncomfortable but is a very common experience and does not mean something is wrong. Urges to drink, or cravings, can be triggered by things you see in the environment that remind you of using alcohol. Physical signs may include tightness in your stomach or feeling nervous through your body; psychological signs may include increased thoughts of how good you would like to feel from using alcohol or drugs, remembering times you used alcohol in the past, planning how you would go about getting a drink, or feeling you need alcohol.

Daily Record of Urges to Drink

Rate the intensity of your cravings on a scale of 1-10 with 1= no desire at all whatsoever and 10 = used the alcohol or other drug.

Date	Situation (include your thoughts and feelings) **What was happening immediately before the craving.**	Intensity of cravings **(1 - 10)**	Coping behaviors used **What did you that worked to reduce or remove the craving?**