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CRAVING

It starts with your thinking – stinking thinking leads to cravings every time
Craving is a powerful feeling that drives compulsive substance abuse.
Craving is like an ocean wave; it will build and then wash over you.

THIS TOO SHALL PASS; if you put the action of your program in.

Craving does not last long if you move away from your substance of choice.
Moving closer increases until you are compelled to use.
Immediately on feeling a desire to use, think this thought:

THAT NO LONGER IS AN OPTION FOR ME.....

Now drinking and using drugs are no longer an option. What are my options? I'm in trouble. I'm craving. What am I going to do to prevent relapse?

MOVE AWAY FROM YOUR SUBSTANCE OF CHOICE.....

Other options: call my sponsor, go to a meeting, turn it over, ring AA/NA hotline, ring a treatment center, or Counsellor, go for a walk, a run or visit someone. You must do something other than thinking of your substance. Sitting there thinking about it will guarantee you will lose the debate. This illness is the great debater. Left unchecked, you will be seduced. Remember the illness must lie to work. You must uncover the lie as quickly as possible and get back to the truth.

TAKE ACTION.....

DAILY RELAPSE PREVENTION

We are only ever guaranteed a daily reprieve from this illness based on our spiritual condition. We must work our program daily. ODAAT.

1. Assess yourself for all relapse warning signs.
 - a. What symptoms did I see in myself today?
 - b. What am I going to do about them?

2. Assess your love of self
 - a. What did I do to love myself today?
 - b. What am I going to do tomorrow?

3. Assess your love of others
 - a. What did I do to love others today?
 - b. What am I going to do tomorrow?

4. Assess your love of God
 - a. What did I do to love God today?
 - b. What am I going to do tomorrow?

5. Assess your sleep pattern
 - a. How am I sleeping?

6. Assess your exercise routine
 - a. Am I getting enough exercise?

7. Assess your nutrition
 - a. Am I eating right?

8. Review total recovery program
 - a. How am I doing in recovery today?
 - b. What is my next step?

9. Have I read some AA literature today and my bible

10. Make conscious contact with God
 - a. Pray and meditate for a few minutes
 - b. Relax completely from head to toes – take your time doing this