My Craving Response Plan

Pause, move, connect, reset

Pause for a few minutes. Change location if possible. Contact support. Try a coping tool. Reassess.

Name / initials (optional): _____ Date: _____

My common craving cues or patterns

Where I can go to create distance from the urge

One coping strategy I can try in the next few minutes

Alcohol and other drug support: ADIS 1800 177 833 (24/7)

Not medical, psychological, legal or financial advice, treatment or emergency care.

My Craving Response Plan

My personal plan

Fill this out when things feel steady and keep it easy to find.

Name / initials (optional): _____ Date: _____

People or services I can contact - include a backup

Places I can go for support

Three things that help me wait and create distance from the urge

Reasons I want to protect my recovery today

Immediate danger or medical emergency: call 000. Keep your support contacts nearby.

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