

Ways to Manage Cravings and Stress

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1. When you get cravings, STOP, PAUSE, BREATHE and THINK through the consequences of using. What will happen? How will you feel?
2. Go to 12-step meetings: WORK the Steps! LIVE the Steps!
3. Go to other recovery meetings, such as Smartrecovery.
4. Go online to meetings and forums there, such as www.smartrecovery.org.
5. Get a sponsor and/or other recovery contacts and supports... and use them when cravings arise.
6. Start therapy—see a therapist once or twice a week if necessary.
7. Exercise.
8. Daily meditation and/or prayer, twice a day or more.
9. Talk with friends/recovery contacts. BE HUMBLE and ASK for help.
10. Journal—write in a daily recovery journal.
11. Attend spiritual/inspirational meetings.
12. Practice yoga, Tai Chi.
13. Read spiritual/inspirational/recovery literature.
14. Engage in activities/distractions/hobbies.
15. Make a list of reasons for sobriety. Carry it with you and review daily.
16. Make a list of negative consequences of use. Carry it with you and review daily.
17. Sit with cravings—Engage in “Urge surfing”—wait for cravings to pass.
18. Envision the life you want to live. How you want to be 10 years from now. What you want your life to have been like when you die.
19. Review the consequences of your addiction on others around you, especially those you love and who love you.