

Handout 3: Review this tool, test it out with clients, or try filling it in yourself. Consider these questions: 1. Could this tool be useful in your RSAT program? 2. How might you want to modify it? 3. Where do you think it came from?

Session 10

Real Life Practice for Coping With Cravings

CRAVINGS LOG

For the next week, complete the cravings log whenever you have an urge to get high.

Date/Time	Trigger	Description	Intensity (1-10)	How Long Urge Lasted	Coping Skills Used/Comments

Intensity of Cravings

