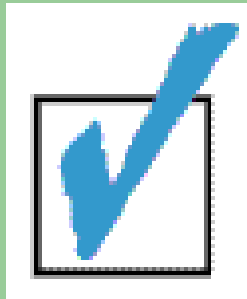


Handling Unhealthy Cravings & Urges That Undermine Health Management

*Going for the 3 Increases: Increase in Health, Increase in Happiness
& Increase in Energy*

Strategies for
Success in Health
Management

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Cravings & Urges to Go Back to My Unhealthy Habits & Ways

- Urges are common and normal
- They are not a sign of failure
- Learn from them about what your craving triggers are
- Urges are like ocean waves
- They get stronger only to a point, then they start to go away



Cravings & Urges to Go Back to My Unhealthy Habits & Ways

- If you don't go by to your unhealthy habits, your urges will weaken and eventually go away
- Urges only get stronger if you give in to them
- You can try to avoid urges by avoiding or eliminating the cues that trigger them



You Can Handle Cravings & Urges

By:

- Distracting yourself for a few minutes
- Talking about the urge with someone supportive
- “Urge surfing” or riding out the urge
- Recalling the negative consequences of doing your bad habit
- Talking yourself through the urge



In Journal keep record of Daily cravings & urges

Date / Time	Situation Thoughts Feelings	Intensity of Cravings (0-100)	Length of Craving	How I coped



In refusing to Return to Unhealthy Habits

- Respond rapidly (not hemming and hawing, not hesitating)
- Look at yourself in the mirror with good eye contact and listen to your “inner voice of reason”
- Respond with a clear and firm “no” that does not leave the door open to future thoughts or urges to return to your unhealthy habit



How to say no without guilt or feeling uncomfortable

When you say “no” to the offer of a friend, family member or other person to return to your unhealthy habit, it can be followed by:

- Changing the subject
- Suggesting alternative activities
- Clearly requesting that the individual not offer these unhealthy things for you again in the future. (“Listen, I’ve decided to stop doing that and I’d like you not to ask me to go back to doing it, with you anymore. If you can’t do that, I think you should stop coming over to my house.”)



Irrelevant decisions common among people who are ridding bad habits

- Using any other bad unhealthy habit other than their habit of choice
- Keeping unhealthy substances, foods, people in the house and in your life
- Not destroying the tools involved in your unhealthy habit
- Going to social events where your unhealthy habits might be triggered
- Interacting with people who are still engage in your old unhealthy habits



Irrelevant decisions common among people who are ridding bad habits

- Keeping past bad unhealthy habits a secret from family members and friends
- Not telling past bad unhealthy habit associates of the decision to stop
- Not planning to fill free time left after you have walked away from your bad unhealthy habits
- Having lots of unscheduled time leading to boredom once you stopped engaging in your bad habits
- Getting overtired or stressed & ignoring it



Managing Your Contact with sources of bad habits at Home

Source of bad habits	Steps I'll take to reduce availability
1	
2	
3	
4	
5	



Tips for responding to offers of engaging in old unhealthy habits

- Say “no” first
- Make direct eye contact
- Ask the person to stop offering
- Don’t be afraid to set limits on contact
- Don’t leave the door open to future offers (e.g. “not today...”)



Assertive Refusals

- Assertive: uses “I statements” to let the other understand your feelings about the situation, circumstances & behaviors of the other
- Assertive: standing up for your rights
- Assertive: taking risk that is not ruled by fear of rejection or disapproval
- Assertive: rational belief-”I deserve to stand up for my rights.”



Practice in Journal Refusal Skills

- How you will handle yourself with a friend with whom you engaged in your bad unhealthy habit
- How you will handle yourself with a family member with whom you engaged in your bad unhealthy habit
- How you will handle yourself at a party
- How you will handle yourself with my gang of associates
- How you will handle yourself with an associate at work or school
- How you will handle yourself with your significant other



If you run into a high-risk situation for re-engaging in your old habit

- You will leave or change the situation
- You will identify safe places for yourself
- You will put off the decision to go back on your changes for 15 minutes. Realizing that cravings go away for you in ____ minutes
- You will distract yourself with something you like to do
- You will call your emergency backups
- You will challenge your thoughts about going back to unhealthy ways with positive thoughts