Craving Log

Your Personal Recovery Tool

This craving log helps you track, understand, and manage cravings more effectively. By documenting your experiences, you'll identify patterns, develop personalised coping strategies, and witness your progress over time.

Instructions: Record each craving as soon as possible after it occurs. Rate intensity from 1 (mild) to 10 (severe). Be honest and specific in your descriptions. Review your log regularly to identify patterns and effective strategies.

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Craving log

Date & Time	Intensity (1-10)	Duration	Trigger	Thoughts / feelings	Coping strategy used
15/03/25 6.30pm	8	20 mins	Watching sport with friends	Everyone else gets to relax with a drink. Feel frustrated and excluded	Delayed decision for 20mins, drank large glass of water and made a soft drink

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Weekly Summary

Week of: _____

Patterns noticed this week:

_____
_____
_____

Most common triggers:

_____
_____
_____

Most effective strategies:

_____
_____
_____

Progress notes (changes in frequency, intensity, or duration:

_____
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_____

Goals for next week:

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