Craving log

Cravings rise, peak and fall. Writing each one down helps you spot patterns and see how often you got through. One line per craving.

DATE & TIME	WHERE / WHO WITH	FEELING BEFORE	STRENGTH 1–10	WHAT I DID INSTEAD	STRENGTH AFTER

Ideas for "what I did instead": drink something cold, eat something, step outside, text someone, have a shower, set a 20-minute timer and check back in, re-read your "why I stopped" page.

Safety: this sheet is not medical advice. If you drink heavily every day, or get shaky, sweaty, anxious or sick without a drink, talk to your GP or doctor before stopping: alcohol withdrawal can be dangerous. In an emergency call 999 (UK) or 911 (US).