Alcohol cravings: a next-step plan

Write short, realistic answers. You can change this plan later.

When a craving shows up

Time, place, feeling, and what I was hoping alcohol would do.

My first ten minutes

Move, delay, eat, drink water, contact someone, or change the setting.

My reason and my support

One meaningful reason to change and a person I can contact.

My backup if the urge grows

Where I can go, what I can remove, and which service I can call.

Keep this plan close

If the first idea does not help, use your backup and ask for support.

People and services

Name, phone, and what I can say when I call.

What would tell me I need more help?

Symptoms, worsening distress, or a plan to use that feels hard to interrupt.

The next safe step I will take

One concrete action I can do today; include a backup.

Safety note

If you drink heavily or regularly, seek medical advice before abruptly stopping. Alcohol withdrawal can be dangerous.

Immediate danger or overdose: 911. Suicide crisis (Canada/U.S.): call or text 988.

Educational worksheet, not a diagnosis or medical withdrawal plan.