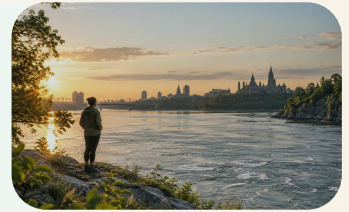


The 4 D's Craving Plan

Use this page to slow the moment down. A craving is an experience, not an instruction.



Delay

How long will I wait before making any decision? What timer will I use?

Distract

List three safe activities or places that can hold your attention.

Deep breathe

What breathing rhythm feels comfortable? Try a longer exhale.

Discuss

Who can I call or sit with? What exactly can I ask them for?

After the wave

What did I learn about the trigger, intensity, and what helped?

If completing this page increases distress or you feel unable to stay safe, pause and contact a trusted support, 988, 911, or an emergency department.