NEW DAY RECOVERY

Session 6 Handout

Craving Ladder

From Session 6. A craving is a wave. It rises, it peaks, and — fed or not — it falls. Buy the minutes until the peak passes.

Name: _____ **Date:** _____

My Craving Ladder

When my craving is…	I will…
At 4	
At 7	
At 10	and go to:

The two tools

- Urge surfing: breathe, locate the craving in your body, rate it, watch it for 90 seconds, re-rate it. Curiosity weakens the spell of command.
- The 3-call rule: before any other response at a 7 or above, call three recovery people, or keep calling until a human answers.

My three calls, by name: 1. _____ 2. _____ 3. _____

Minutes, not forever: the decision is never “never use again” in a craving moment; it is “not in the next 15 minutes — and then we will see.” A craving reported at a 4 is a conversation; reported at a 10 it is an emergency.

Homework: log every craving of 5 or above this week — time, trigger, peak rating, what you did, and how long until it fell by half.