

Summary for Coping With Craving

	<p>Urges are <u>common</u> and <u>normal</u>. They are not signs of failure. Instead, suggest your clients to try to learn from them about what your craving triggers are. Urges are like ocean waves. They get stronger only to a point, then they start to go away.</p>
	<p>If you clients don't use, their urge will <u>weaken</u> and eventually <u>go away</u>. Urges only get stronger if you clients give in to them.</p>
	<p>You can suggest your clients to try to avoid urges by <u>avoiding</u> or <u>eliminating the cues</u> that trigger them.</p>
	<p>Your clients can cope with urges by</p> <ul style="list-style-type: none">• <u>Distracting</u> themselves for a few minutes• <u>Talking about the urge</u> with someone supportive• <u>“Urge surfing”</u> riding out the urge• <u>Recalling</u> the <u>negative consequences</u> of using• <u>Talking themselves</u> through the urge