# Craving & Trigger Finder



*A craving is information,* **not an order**. *Write it down and it starts to lose its grip.*

**1**
**Notice it**
Name it: “I'm having a craving.” Score it 0–10.

**2**
**Find the trigger**
Where are you, who's there, what time is it, how do you feel?

**3**
**Delay and do**
Pick one move from the list below and wait before you decide anything.

**4**
**Score it again**
Write the score after your move. Watch how it changes as you wait.

| DATE | TIME | WHERE · WHO | I FELT | CRAVING 0–10 | WHAT I DID · SCORE AFTER | DRANK? |
|---|---|---|---|---|---|---|
| | | | tired · stressed · bored · lonely · happy | | | Y · N |
| | | | tired · stressed · bored · lonely · happy | | | Y · N |
| | | | tired · stressed · bored · lonely · happy | | | Y · N |
| | | | tired · stressed · bored · lonely · happy | | | Y · N |
| | | | tired · stressed · bored · lonely · happy | | | Y · N |
| | | | tired · stressed · bored · lonely · happy | | | Y · N |
| | | | tired · stressed · bored · lonely · happy | | | Y · N |
| | | | tired · stressed · bored · lonely · happy | | | Y · N |
| | | | tired · stressed · bored · lonely · happy | | | Y · N |
| | | | tired · stressed · bored · lonely · happy | | | Y · N |
| | | | tired · stressed · bored · lonely · happy | | | Y · N |
| | | | tired · stressed · bored · lonely · happy | | | Y · N |
| | | | tired · stressed · bored · lonely · happy | | | Y · N |

## My go-to moves: tick the ones you'll try

- ☐ Drink something else first: sparkling water, tea, an alcohol-free beer
- ☐ Move: a 10-minute walk, the stairs, the dog
- ☐ Text or call my supporter
- ☐ Eat something: hunger often feels like a craving
- ☐ Shower, then decide
- ☐ Leave, or change rooms
- ☐ Look at my “why” and my money saved

## My top three triggers

1. _____
2. _____
3. _____

## For each one, my plan

If _____

then I'll _____

If _____

then I'll _____

After a week or two, circle the triggers that come up most and turn each into an if-then plan. If-then plans help people drink a little less each week (moderate evidence, as rated in *Do I Need to Quit Drinking?*). Strong cravings with shakiness, sweating or a racing heart can be withdrawal: talk to a doctor.



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# Party & Social Planner

*Decide **before** you walk in. The plan does the hard part for you.*

Willpower is weakest at the moment you need it, so make the choices at home, when you're calm: what you'll drink, what you'll say, and when you'll leave. Most people don't notice what's in your glass, and the ones who ask usually just want to make conversation.

## Big night 1

Event _____ Date _____

Who will be there _____

What I'll drink _____

My line if someone offers _____

I'll leave by _____ Who knows my plan _____

My treat afterwards _____

☐ Ate before I went ☐ Brought my own drinks ☐ Ride home sorted

How it went _____

## Big night 2

Event _____ Date _____

Who will be there _____

What I'll drink _____

My line if someone offers _____

I'll leave by _____ Who knows my plan _____

My treat afterwards _____

☐ Ate before I went ☐ Brought my own drinks ☐ Ride home sorted

How it went _____

## Ready answers for "Just one?"

Tick the ones that sound like you. Short beats clever.

☐ "I'm driving tonight."

☐ "I'm doing a health thing this month."

☐ "I sleep so much better without it."

☐ "Not tonight, thanks. What's that you're having?"

☐ "I'm on a 31-day challenge and I'm winning."

☐ "Just a soda with lime, thanks." (and nothing more)

My own _____

## If it gets hard

I'll text _____

My exit line _____

## Alcohol-free drinks to try

| DRINK | WHERE FROM | RATING | BUY AGAIN? |
|---|---|---|---|
| | | ☆ ☆ ☆ ☆ ☆ | |
| | | ☆ ☆ ☆ ☆ ☆ | |
| | | ☆ ☆ ☆ ☆ ☆ | |
| | | ☆ ☆ ☆ ☆ ☆ | |
| | | ☆ ☆ ☆ ☆ ☆ | |
| | | ☆ ☆ ☆ ☆ ☆ | |
| | | ☆ ☆ ☆ ☆ ☆ | |
| | | ☆ ☆ ☆ ☆ ☆ | |

Check the label: some "alcohol-free" beers and wines contain up to 0.5% alcohol. Avoid them if you need zero alcohol, for example in pregnancy or recovery.

Tip: hold a drink you chose. An empty hand gets refilled.



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# After the month

*Day 31 isn't a finish line. It's* **a decision point**. *Make the decision while you're clear-headed.*

## My decision

- ☐ **Stay alcohol-free** for another month, or for good.
- ☐ **Drink less**, with limits I set below and agree with my doctor if I have a health condition.
- ☐ **Not sure yet**: keep tracking for 4 weeks, then decide.

Alcohol-free days a week _____ Most on one occasion _____ Most in a week _____

## My next 4 weeks

Tick the circle on an alcohol-free day; on other days write how many drinks (12 oz beer 5%, 5 oz wine 12% or 1.5 oz spirits 40% = 1 drink).

| | MON | TUE | WED | THU | FRI | SAT | SUN | DRINKS TOTAL | WITHIN MY LIMIT? |
|---|---|---|---|---|---|---|---|---|---|
| Week 1 | ○ ___ | ○ ___ | ○ ___ | ○ ___ | ○ ___ | ○ ___ | ○ ___ | | |
| Week 2 | ○ ___ | ○ ___ | ○ ___ | ○ ___ | ○ ___ | ○ ___ | ○ ___ | | |
| Week 3 | ○ ___ | ○ ___ | ○ ___ | ○ ___ | ○ ___ | ○ ___ | ○ ___ | | |
| Week 4 | ○ ___ | ○ ___ | ○ ___ | ○ ___ | ○ ___ | ○ ___ | ○ ___ | | |

## What I want to keep from my month

1. _____
2. _____
3. _____

## My first drink back

When and where _____

What, and how much _____

Who I'll be with _____

**Your tolerance has dropped.** After weeks without alcohol, your old amount can make you drunk faster and more heavily than you expect. Start well below it, eat first, don't drive, and don't mix alcohol with sleeping pills, sedatives or opioid painkillers.

## Talk to a doctor if

- ☐ One drink often turns into more than I planned.
- ☐ I found the month much harder than I expected, or couldn't get past the first days.
- ☐ I felt shaky, sweaty, sick or anxious when I stopped.
- ☐ Drinking is causing problems with health, work, money or the people I love.
- ☐ I drink to cope with low mood, stress or sleep.

That isn't failing. It's using the month well. A short talk with a doctor helps many people drink less, and there are medicines and programs that help people cut down or stop.

**Call 911 (or your local emergency number) now** for a seizure; confusion, or seeing or hearing things that aren't there; high fever, very heavy sweating, chest pain or a very fast heartbeat while stopping; or someone very drunk who is hard to wake or breathing slowly. Free help about alcohol, 24/7: SAMHSA **1-800-662-4357**. Thoughts of harming yourself: call or text **988**.

Based on *Do I Need to Quit Drinking?* (Your Body, Decoded) and the *Dietary Guidelines for Americans 2025–2030*, which advise drinking less for better overall health and not drinking at all in pregnancy or with some health conditions and medicines. This page is for planning and for sharing with your health care team. It does not diagnose or treat any condition.


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