

Craving Timeline Mapping Board

Mapping board · Recovery Timelines · The Recovery Files

Printable fill-in version: write your answers on the lines. The interactive board, its charts and your saved entries stay in the app.

Craving Timeline Mapping Board

Identify · Document · Recognize · Transform

Understanding Your Craving Timeline

Cravings are a normal — and expected — part of recovery. They are not a sign of failure; they are your brain's learned response to familiar cues. Every craving carries information about your triggers, vulnerabilities, and the patterns that drive your substance use.

This mapping board helps you move from reacting to cravings to understanding them. By documenting each episode — along with your response — you build a personal map of your recovery landscape.

Clinical Principle: Research demonstrates that craving intensity typically follows a wave pattern — rising, peaking, and subsiding within 15-30 minutes. By observing this pattern without acting on it ("urge surfing"), the brain gradually learns that cravings are temporary.

Log New Craving Episode

Date

Time of Day

[Select... / Early Morning (5-8am) / Morning (8-11am) / Midday (11am-1pm) / Afternoon (1-5pm) / Evening (5-8pm) / Night (8-11pm) / Late Night (11pm-5am)]

What were you thinking? (Automatic Thought)

What thoughts were running through your mind right before or during the craving?

Feelings Present (select all)

☐ Anxious ☐ Angry ☐ Sad ☐ Lonely ☐ Bored ☐ Stressed ☐ Frustrated ☐ Hopeless ☐
☐ Overwhelmed ☐ Guilty ☐ Ashamed ☐ Fearful ☐ Resentful ☐ Empty ☐ Restless ☐ Tired ☐
☐ Nostalgic ☐ Excited ☐ Celebratory ☐ Numb

Situation / Context

☐ At home alone ☐ Social gathering ☐ Work stress ☐ Financial pressure ☐ Relationship conflict ☐
☐ Family event ☐ Driving past old locations ☐ After argument ☐ Payday ☐ Weekend/Free time ☐
☐ Insomnia/Late night ☐ Physical pain ☐ Seeing others use ☐ Holiday/Anniversary ☐ After work ☐
☐ Before/During meals ☐ After receiving bad news ☐ Feeling successful ☐ Medical appointment ☐
☐ Court/Legal matter ☐ Other

Craving Level: __/10

No desire Moderate Overwhelming

Physical/Emotional Intensity: __/10

Barely noticeable Distressing Debilitating

Estimated Duration

[Select... / Less than 5 minutes / 5-15 minutes / 15-30 minutes / 30-60 minutes / 1-2 hours / 2+ hours / Ongoing / All day]

Physical Sensations (optional)

Racing heart, sweating, restlessness, tightness, nausea...

How Did You Respond?

☐ Called sponsor/support ☐ Attended meeting ☐ Used coping skill ☐ Exercised/Physical activity ☐ Journalled/Wrote ☐ Meditated/Prayed ☐ Talked to someone ☐ Used grounding technique ☐ Distracted self (healthy) ☐ Left the situation ☐ Played the tape through ☐ Rode it out (surfed the urge) ☐ White-knuckled it ☐ Isolated ☐ Romanticized use ☐ Contacted old using friends ☐ Visited triggering location ☐ Used substance ☐ Other

Response Effectiveness: __/10

Did not help Somewhat helpful Very effective

Outcome / What Happened Next

Did the craving pass? Did you maintain recovery? What shifted?

Lessons Learned / Insights

What did you learn from this episode?

Craving Timeline Mapping Board

Advanced Analytics

Log at least 2 craving episodes to begin seeing patterns.

Craving Timeline Mapping Board

Personalized Recommendations

Log at least 3 craving episodes to receive tailored clinical recommendations based on your unique patterns.