

Urges to Use in Recovery

Cravings, triggers, and romanticizing

Printable worksheet · 3 parts

Name _____ Date _____

Urges to Use Worksheet

Self-Assessment & Coping Strategy Development

Total Score:

0/80 - Low

Contents

- Part 1 · Self-Assessment
- Part 2 · Deep Dive
- Part 3 · Action Plan

PART 1 OF 3

Self-Assessment

Rate each statement: 0 = Not at all, 1 = Slightly, 2 = Moderately, 3 = Very, 4 = Extremely

Deprivation Anxiety

I feel like I'm missing out on life because I'm sober

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

I believe that I can't truly enjoy myself without substances

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

I feel anxious when I see others using substances

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

I worry that my life will always feel incomplete without drugs or alcohol

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

Boredom with Sobriety

I find my sober life dull or unexciting

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

I struggle to find meaning or purpose in sobriety

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

I believe that exciting experiences require substance use

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

I have difficulty enjoying activities I once found pleasurable when sober

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

Cravings and Mental Associations

I experience strong desires to use substances

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

I often reminisce about past substance use experiences

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

I fantasize about future scenarios where I could use successfully

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

I find myself dwelling on the positive aspects of my past substance use

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

Trigger Sensitivity

Certain places, people, or situations strongly trigger urges to use

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

I feel overwhelmed by environmental cues related to substance use

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

Stress or negative emotions quickly lead to thoughts of using

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

I struggle to redirect my thoughts when triggered

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

Romanticizing Past Use

I focus more on the 'good times' of my addiction than the negative consequences

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

I downplay the severity of problems caused by my past substance use

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

I tell myself that 'this time would be different' if I used again

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

I forget or minimize the pain and struggles of active addiction

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

PART 2 OF 3

Deep Dive

Part 1: Deprivation Anxiety

Three things you feel you're missing out on:

Sober alternatives:

Part 2: Boredom with Sobriety

Current level of boredom (1-10):

Three exciting sober experiences:

New activities to try:

Activities or hobbies...

Part 3: Craving Analysis

Describe your most recent intense craving:

What happened...

What triggered it?

Trigger...

How long did it last?

Duration...

What helped it pass?

Coping strategies used...

Part 4: Romanticizing Past Use

Three negative consequences of past use:

How do these balance against "good times"?

Part 5: Future Use Fantasy Check

Your fantasy of future "successful" use:

The fantasy...

Realistically, what would likely happen?

Reality check...

Part 6: Sober Life Inventory

Five positive changes since becoming sober:

1. / 2. / 3. / 4. / 5.

PART 3 OF 3

Action Plan

Craving Coping Strategies

Three strategies you can use when cravings hit:

Support System Activation

Who can you reach out to when experiencing strong urges?

List people and their contact info...

What specific support will you ask for?

Type of support needed...

Meaning in Sobriety

What gives your life meaning and purpose in recovery?

Your purpose...

How can you cultivate more of this in daily life?

Action steps...

Action Plan

Three actions to address urges to use:

Daily Check-in

Track craving intensity (1-10) and positive experiences for the week.

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Remember: Experiencing urges to use is a common part of recovery. It doesn't mean you're failing. Each time you successfully navigate an urge, you're strengthening your recovery muscles.