



Maggio Wellness

Battle Cravings With Reality Worksheet

Behind unproductive behaviors are often distorted thoughts, beliefs, and values. These justifications cause us to behave in ways which hurt us in the long run. If we analyze these distorted thoughts can see they are not logical.

CRAVING DESCRIPTION: *(Describe the situation and emotional and physical feelings)*

CRAVING INTENSITY

No Craving	1	2	3	4	5	6	7	8	9	10	Worst I ever had

MY INITIAL JUSTIFICATION TO DRINK/USE:

BUT IN REALITY...

MY SECOND JUSTIFICATION TO USE/DRINK:

BUT IN REALITY...



PRODUCTIVE THOUGHTS WHICH WILL REVERSE MY IRRATIONAL ONE:

MY STEP BY STEP ACTION PLAN TO DEAL WITH THIS TRIGGER:

Step 1:

Step 2:

Step 3

Step 4:

Step 5:

Step 6:

MY RATIONALE BEHIND MY PLAN:

POSSIBLE OUTCOMES:

MY BACKUP STEP BY STEP ACTION PLAN TO DEAL WITH THIS TRIGGER IF THE FIRST FAILS:

Step 1:

Step 2:

Step 3

Step 4:

Step 5:

Step 6:
