

My plan for the next craving

Prepare when settled, alongside any existing care plan. Use brief, non-identifying notes. Do not recreate a risky situation to complete this sheet or use it to plan withdrawal.

Date / period: _____

Safety first. Call 000 for unconsciousness, abnormal breathing, a seizure, severe confusion or immediate danger. Do not wait for an urge to pass. Possible dependence needs medical advice before abrupt cessation or a large reduction. New or worsening symptoms need assessment; this is not a withdrawal plan. If you have returned to use or your safety is worsening, seek prompt medical advice. In Victoria, DirectLine is available on 1800 888 236.

1. What might I notice first?

Choose a likely situation, cue or early sign without recreating it.

2. What is my first response?

Pick one practical action and what needs to be ready.

3. What is my backup?

Choose another action or safer setting if the first option is unavailable.

4. Who can I contact?

Agree availability and another contact if they cannot respond.

5. What needs review?

Afterwards, note what helped and what to discuss with your clinician.

What could make a useful response easier to reach next time?

Complete privately. Keep your notes secure and share only with people you choose. This original discussion aid is not a diagnostic test or a treatment plan.

Guide, sources and accessible HTML: <https://www.dreric.net/practice-resources/making-a-plan-for-cravings/>