

Managing Cannabis Cravings

What is a craving?

A craving is an urge or desire to drink or use drugs. Cravings are normal and are to be expected. They will come and go and are most often experienced early in recovery but can persist longer. Cravings can be triggered in many ways.

- Seeing someone that you associate with cannabis use
- Feeling emotional, frustrated, stressed, bored, depressed, excited, happy etc.
- Objects, smells and sounds you associate with cannabis.

Physical cravings can include:

- Feeling nervous and agitated
- Heart pounding
- Sensation of being able to smell or taste cannabis
- Sweaty palms

Psychological Cravings can include:

- Fantasies about using
- Convincing yourself that you'll feel great if you use
- Fooling yourself that it'll be ok to use just the once

Coping with cravings

A craving usually lasts around 20 minutes. Craving is normal so **prepare**

Delay

Talk: Contact somebody who knows what you are going through.

Phone the drug and alcohol service and speak to a worker.

Prepare have the phone numbers handy

Distract

Find something to do that will take your mind off the craving.

Prepare decide what you could do to distract yourself now

Decide

Remind yourself of the negative consequences of using drugs and why you wanted to stop in the first place

Prepare write down why you wanted to stop and keep the list handy

Remember the 3 D's – Delay – Distract- Decide