

# Craving Emergency Support Card

When you experience a craving, pause and read this card out loud.

1. Remind yourself: This feeling is temporary.
2. Drink a glass of water and take 10 deep breaths.
3. Distract with a safe activity for 10+ minutes:
  - Walk, call someone, watch something calming.

My reason to stay clean today:

---

Support Contact (Name/Phone):

---

Emergency Grounding:

- Touch a cold object
- Count backwards from 100
- Say 3 positive things about yourself