




# The 3 Ds: Delay, Distract, Decide

Use this form to help you deal with cravings for any unhealthy and/or addictive habit.  
Complete the form, then read and review it each time you get a craving.

<p><b>Delay</b></p> 	<p>Delay the decision to give in to the craving for a set time – 5, 10, 30 or 60 minutes. The craving will pass!</p> <p><i>I will delay for</i> _____ (write down number of minutes)</p>
<p><b>Distract</b></p> 	<p>Do something that will occupy your thoughts and grab your attention. Perhaps do something physical to use the energy of the craving.</p> <p><i>Things you could do, and how long you will do them for:</i></p>
<p><b>Decide</b></p> 	<p>After the set time, decide not to do whatever the craving wants you to do (the unhealthy or addictive habit you want to stop doing). Remind yourself of all the...</p> <p><i>Advantages of not doing it:</i></p>  <p><i>Disadvantages of doing it:</i></p>  <p><i>Reasons I want to stop:</i></p>  <p><i>My life goals:</i></p>