Cravings Diary

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Situation	Thoughts	Feelings	Intensity of craving 0 - 100%	Alternative more balanced thought, and coping response
What? When? Where? Who with?	What went through my mind just before I felt the craving (thought or image)? What was the worst thing about that?	What emotion did I feel? What did I feel in my body? Where did I feel it?	0-100-76	Is there another way of seeing this? What would someone else say? What advice would I give to a friend? What's the best thing to do? What would or did help most?
EXAMPLE: Monday night. With partner at home, just before bedtime. He said "I don't like that top on you".	He's being critical - he means he can't stand me. I'm useless, fat, stupid, ugly. I'm worthless. I need to drink/eat.	Hurt, upset. Physical craving in my chest and abdomen.	80%	Told myself: I can hold on for a while— went for a walk for half an hour, and craving went away