

## Tools to use during a craving

### ABCD

- Activating Event
- Belief about "A"
- Consequence
- Dispute Belief

### PAFFY

- P - Pause
- A - Air
- F - Future if I give in to craving
- F - Future if I resist craving
- Y - You decide

### Destructive Voice Recognition and Dispute (AVRT or DISARM)

- Personify the destructive self talk
- Give it a name and a personality
- Learn to fight back!

### STOP - thought refusal method

- Notice the thought
- Imagine voice or sign saying "STOP"
- Divert attention elsewhere

### Acceptance and Commitment Therapy

- Notice the thought
- Say "I notice that I am having the thought that "....."
- Diffuse the thought: eg Sing to the tune of happy birthday; Imagine thought as tabloid newspaper headline or a news bulletin
- Is thought helpful?
- Helpful alternative.

### Surf the urge

- Notice
- Rate and Locate
- Imagine out breath as a surfboard
- Ride out the urge

### Somatic shift

- Notice where in the body you sense the craving
- Imagine twisting and moving the feeling around your body
- Move feeling out of body