

Practise a craving log and a pattern break

Recognize a recurring cue, compare two example entries and prepare a short alternative activity.

01 Identify the cue in a fictional craving log

In a sample diary the urge appears just after lunch, near the back door, on two workdays. Write the cue without judging the person.

Describe the recurring situation

02 Pick a log entry you can compare tomorrow

Which fictional craving entry gives you more information for a later pattern review?

- ▢ 3 p.m., on a break, urge rated 4 out of 5
- ▢ Bad day

03 Prepare a short pattern-break cue

For a fictional situation, finish “When I reach for my vape while waiting for the bus, I can first…” with one small alternative.

Finish the cue

Worked answers
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