

Your Craving Cues

Type of Craving	Situation
Physical	
Habitual	
Social	
Emotional	

Our Myths About Cravings

What my mind tells me will happen if I give up my addiction(s) or if cravings show up:

Reviewing Your Reasons

Reasons to Use	Weight (0–10) 0 = not at all important 10 = extremely important	Reasons to Change	Weight (0–10) 0 = not at all important 10 = extremely important
Total		Total	

The Game of Life

Novelty 1	Addicted 2	Caring 3	Change the world 4	Rejected 5	Wealth 6	Be poor 7	Research things 8	Create 9	Hate your job 10
Travel 11	Unemployed 12	Design something 13	Success 14	Brave 15	Desirable 16	Sad 17	Affection 18	Married 19	Persist 20
In debt 21	Angry 22	Exercise 23	Sharing 24	Healthy 25	Hate where you live 26	Love 27	Liar 28	Teaching 29	Organized 30
Betrayal 31	Fame 32	Criminal 33	Be at one with God 34	Honored 35	Sexual 36	Respected 37	Ruined 38	Steal 39	Loneliness 40
Honesty 41	Meanness 42	Accepting 43	Accomplished 44	Lazy 45	Follower 46	Hardworking 47	Loyalty 48	Enjoyment 49	Help 50
Safety 51	Cared for 52	Wisdom 53	Impulsive 54	Freedom 55	Effective 56	Ambition 57	Popular 58	Influence 59	Failure 60
Adventure 61	Competent 62	Be in charge 63	Learn 64	Competing 65	Courage 66	Hate 67	Work hard 68	Stingy 69	Bankrupt 70
Steal 71	Security 72	Leader 73	Temptation 74	Fail 75	Gamble 76	Curious 77	Admired 78	Be fit 79	Influence 80

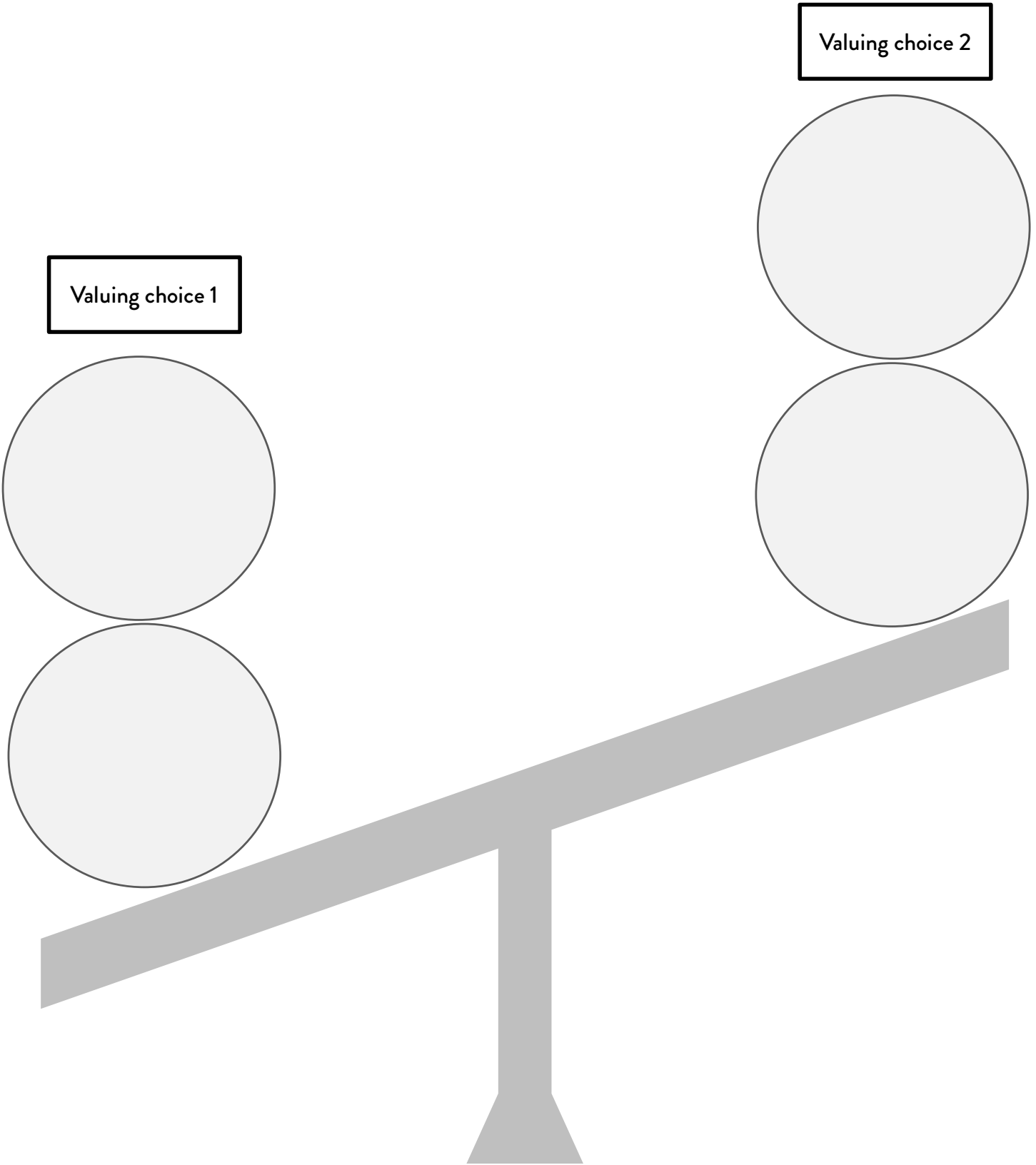
Values Exercise

Complete the first column first. You do not have to endorse each value. Rate how important each is for you, not what others may want you to say, nor whether you have been acting in accordance with this value. There is no right or wrong answer here. After completing the first column, proceed to the second and then the third.

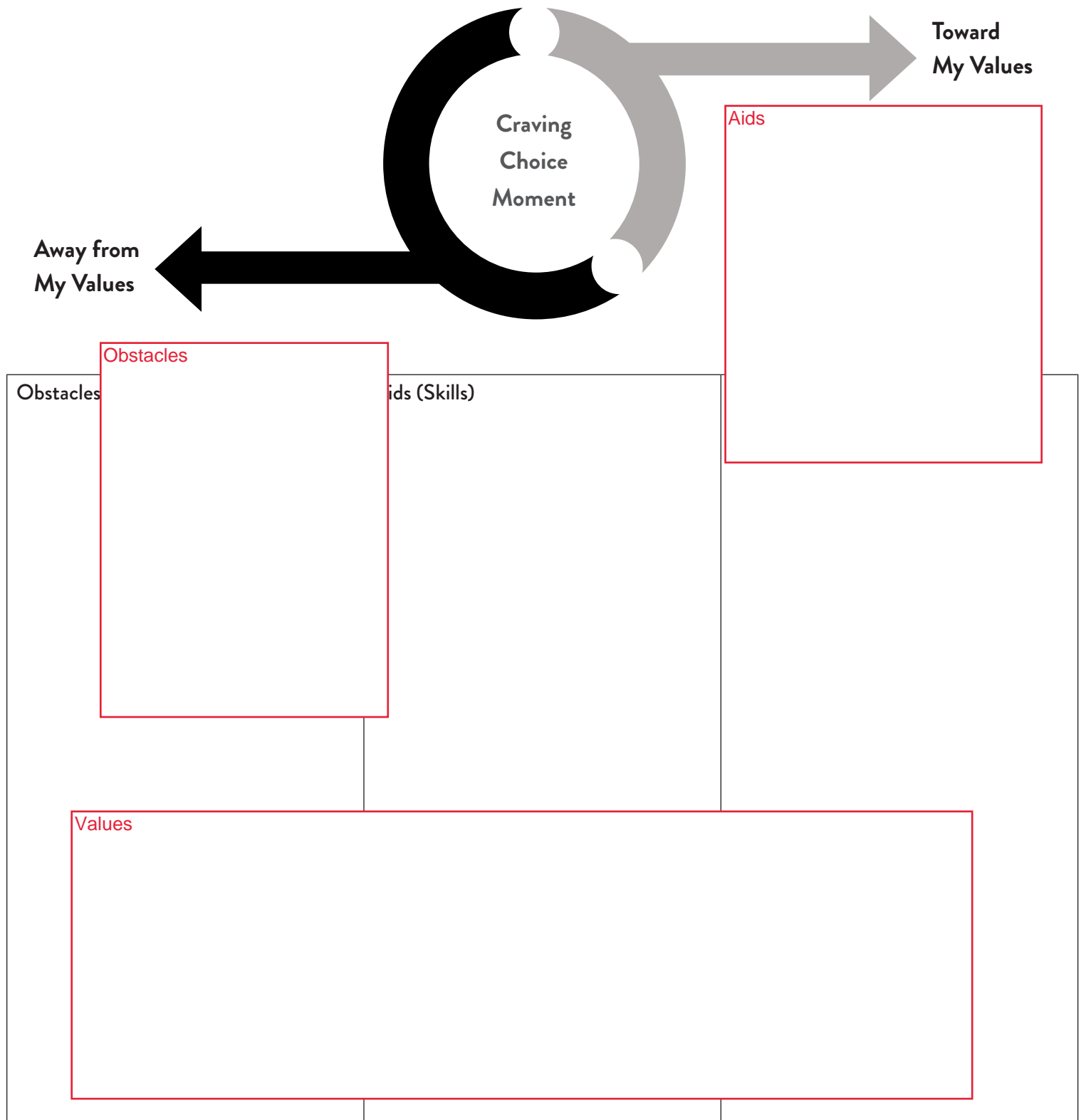
	How important is this value to you? (0–10)	How much reward or meaning have you gotten from this in the past two weeks? (0–10)	How does dealing with your craving fit with this value? (0–10)
Love			
Forgiveness			
Family/Intimate relationships			
Work achievement			
Friendship/Friendliness			
Financial success			
Respect/Self-respect			
Inner harmony			
Personal growth			
Physical beauty or attractiveness			
Health			
Supportiveness			
Approval			
Kindness			
Honesty			

	How important is this value to you? (0–10)	How much reward or meaning have you gotten from this in the past two weeks? (0–10)	How does dealing with your craving fit with this value? (0–10)
Wisdom			
Religion			
Freedom			
Authenticity			
Courage			
Cooperation			
Justice			
Fun			
Curiosity			
Persistence and perseverance			
Creativity			
Safety and protection			
Sensuality and sexuality			
Trust and loyalty			
Other values:			

Valuing Choices Seesaw



Craving Choice Moment Diagram



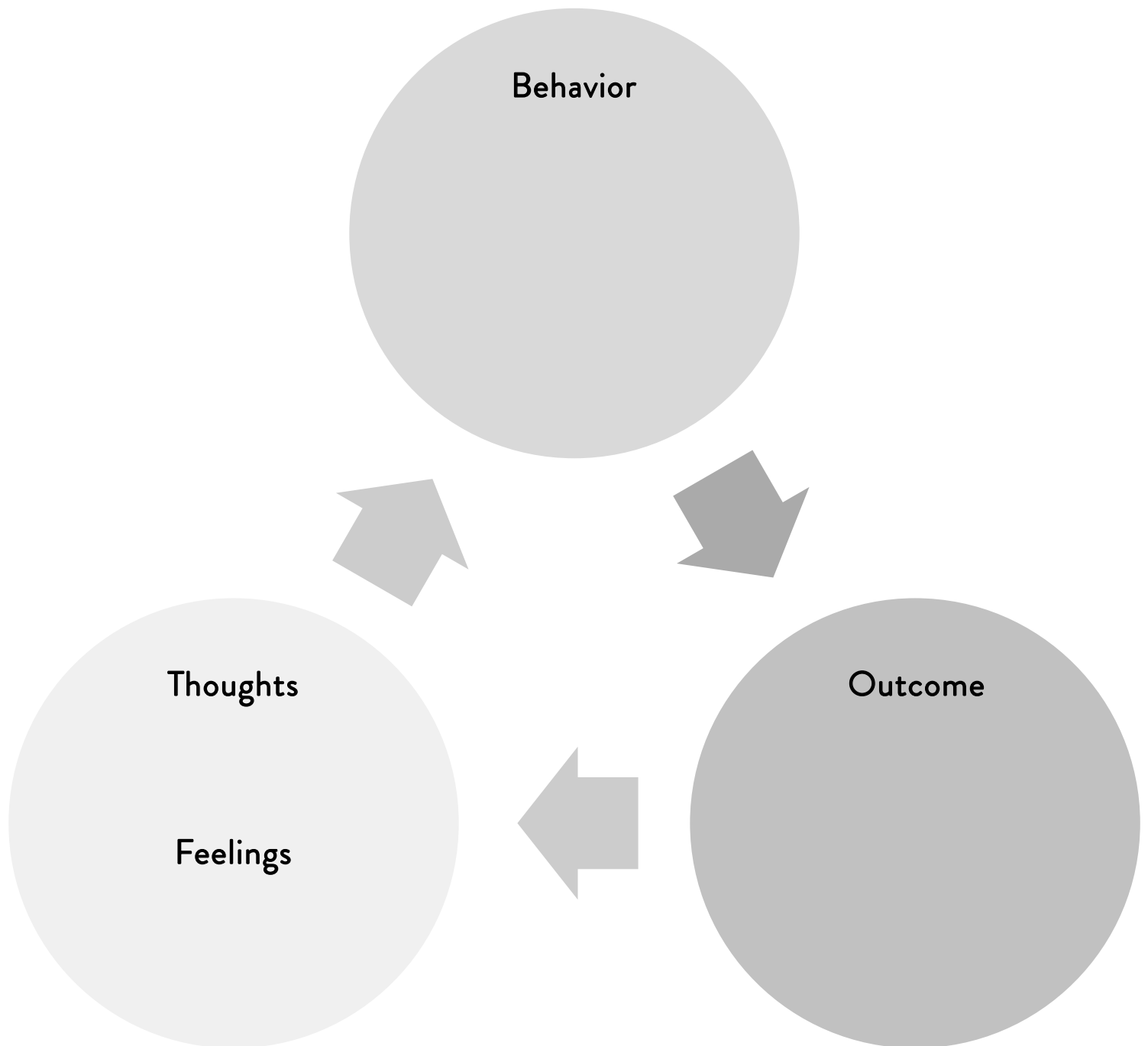
Craving Responses

Thought	Your common response	Opposite response choice	Which responses will work better in this case (doing what matters to me)?

Internal and External Triggers Diary

External Triggers	Strategies Used to Manage
Internal Triggers	Strategies Used to Manage

My Self-Defeating Cycles



Committed Action Worksheet

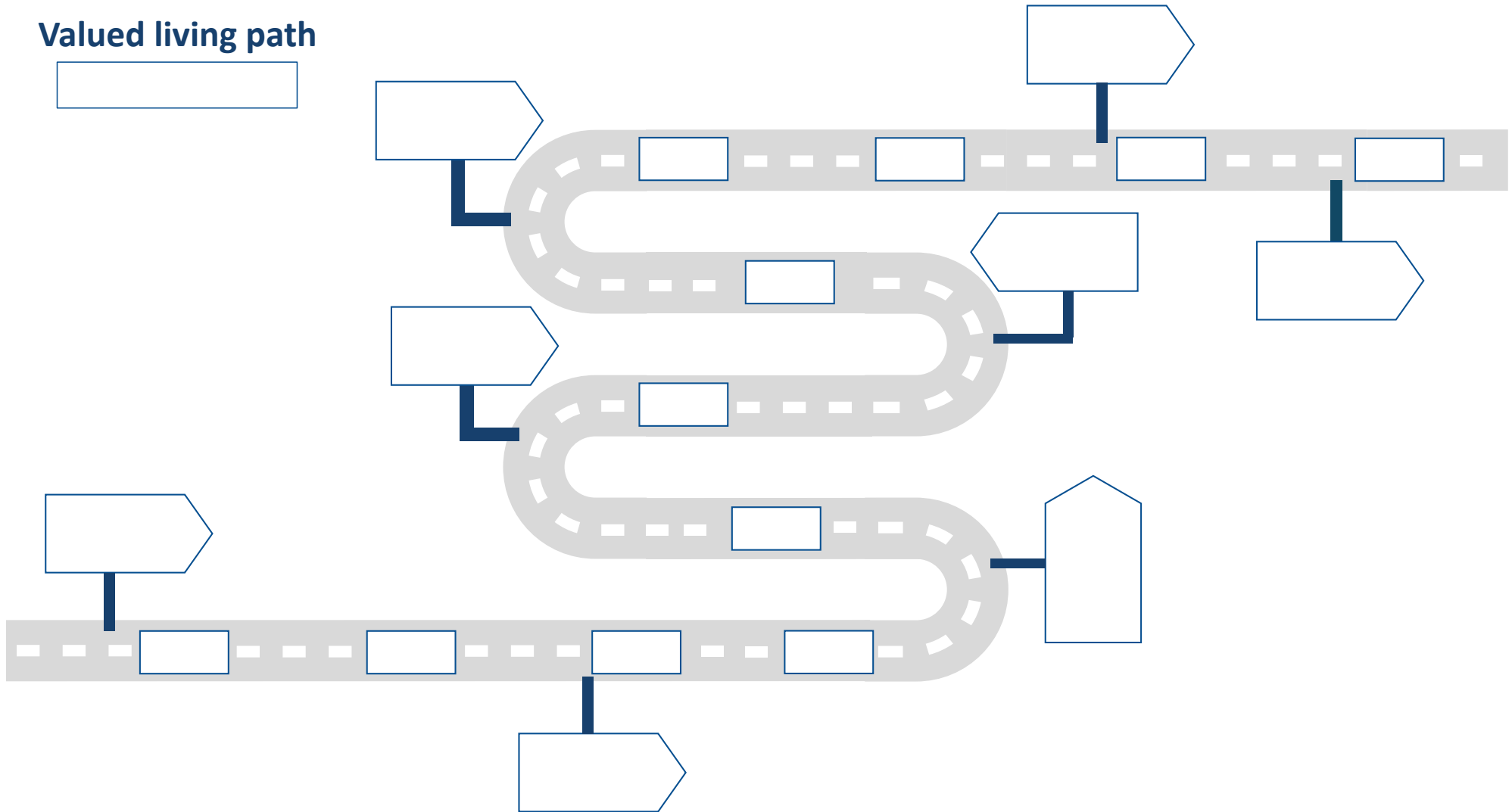
Value	Goal	Plan to Achieve This Goal	Dates Achieved

Barriers to Committed Action

Committed Action Goal	Obstacles	Plan to Overcome This Barrier

Valued Living Path

Valued living path



Long-Term Goal Game Plan (example)

Values	Goals	Committed Action: Steps Toward Achieving the Goal	Target Date	Obstacles	Strategies to Overcome Obstacles
<i>Friendship</i>	<i>Develop new relationships with others</i>	<i>Go to a yoga class this week and talk with someone new</i>	<i>3/31/2022</i>	<i>Concerns over the new person not wanting to talk to me</i>	<i>Use acceptance and mindfulness to acknowledge my concern and commit to introducing myself anyway</i>
<i>Physical health</i>	<i>Getting more exercise</i>	<i>Walk for 30 minutes 5 times a week</i>	<i>4/5/2022</i>	<i>Not feeling motivated to get moving</i>	<i>Review my values and remind myself why I want to have better physical health</i>

Long-Term Goal Game Plan

Values	Goals	Committed Action: Steps Toward Achieving the Goal	Target Date	Obstacles	Strategies to Overcome Obstacles