



How does meth affect your life?

Coping with Cravings

Delay

Cravings/urges are like waves that tend to peak and reduce over a 45 minute period. They build up to a point and then they come down. Urge surfing is being able to delay your decision to use, to ride the urge out and to remind yourself that it will decrease. You can do this by delaying the decision about using for one hour. Don't try to decide whether or not you are going to use as this will only make you more anxious. During this time it is helpful to remind yourself about why not using is important to you and engage in a behaviour that is consistent with your life goals.

After an hour ask yourself "Why don't I want to use?" or "Why is it important that I don't use?"

Distract

The more you think about your craving, the more you feed it and the bigger it becomes. It is helpful to distract yourself by doing something else. Here are some suggestions:

- Visiting a supportive friend
- Reading
- Watching TV
- Gardening
- Walking

You can add what works for you here:

Alcohol and Drug Support Line

The service is available 24/7 via phone
Phone: (08) 9442 5000
Country callers: 1800 198 024
Email: alcoholdrugsupport@mhc.wa.gov.au

Emergency

In an emergency call 000 for an ambulance immediately.



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Supporters

A supporter is someone you can trust and feel comfortable with such as a friend, a family member or someone in the community. Once you have chosen your supporter you will need to let them know what will be most helpful for you if you call them in distress. For example, you may need them to remind you why you changed your use and encourage you to continue. You may choose to ask them simply to listen to you or help distract you from your craving. It may also be helpful to give your supporter this information to read.

When choosing your supporter ask yourself the following questions:

- Can you tell them about your use and your decision?

- Do they use meth?

- Are you sure they will not offer you meth or other drugs?

- Will they be available when you need them?

- Have they helped you effectively in the past when you needed help?

List your supporters:

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Consequences

Remind yourself of the reason you have decided to change. Sometimes when you are experiencing a craving it can be difficult to remind yourself of the problems of using. You could try writing down the reasons why you want to change and placing them where they are easily visible. It may be helpful to copy these reasons onto a small card that you can put into your wallet and carry around as a helpful reminder.

Why I want to change:

Self-talk

Self-talk is how you talk to yourself. When you are experiencing a craving you can often make it bigger than it is through your self-talk, e.g. "This is so bad! I can't cope! I need to use." During this time you can also be hard on yourself and use negative self-talk. "I am so weak I can't cope without using. Everyone is right I can't do this. I am a failure for wanting to use." This type of self-talk is unhelpful and can lead to you keep using.

When you are experiencing a craving, listen to your self-talk and make sure it's positive and helpful.

Write down some of your self-talk. Ask yourself whether it's positive and helpful or negative and unhelpful.

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Good, positive self-talk can be really helpful as long as it's realistic. For example, you could say things to yourself such as:

"I am having a craving but I got through the last one and will get through this one."

"Even though I am really tempted I have done really well and have been abstinent for 12 days."

Write down some accurate and helpful self-talk statements that you would like to use.

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