

# SMART Recovery Strategies for Urges

**Remember urges can be controlled. They are only your thoughts and you can control your thinking.**

Here are (6) strategies that can be really helpful in dealing with urges. Overtime, if you practice, they will become easier

## **Strategy 1 - Escape**

When you find yourself in a situation that triggers an urge, it may be best to just leave immediately.

**Where is the best place for you to escape to?**

## **Strategy 2 - Avoidance**

You may want to avoid any situation, person, place or thing that triggers your urges. Put yourself first; don't worry about how others feel. **What avoidance techniques work best for you?**

# SMART Recovery Strategies for Urges continued

## Strategy 3 - Distraction

Focus on something else. If you are in a situation where there are drugs and alcohol and you can't leave, watch television or hang around people you know who do not 'use'. **What ways can you distract yourself?**

## Strategy 4 - Staying honest with yourself

When you are fighting an urge, it is very easy to fool yourself. Being honest with yourself is important in making progress. Know your strengths and weaknesses & keep it real so when you do get an urge, you can better prepare for them. Look for more helpful thoughts and repeat them over and over again. **What are some helpful thoughts you can focus on when you have an urge?**