

Alcohol Craving Log

Your Personal Recovery Tool

This craving log helps you track, understand, and manage alcohol cravings more effectively. By documenting your experiences, you'll identify patterns, develop personalized coping strategies, and witness your progress over time.

Instructions: Record each craving as soon as possible after it occurs. Rate intensity from 1 (mild) to 10 (severe). Be honest and specific in your descriptions. Review your log regularly to identify patterns and effective strategies.

Craving log

Date & Time	Intensity (1-10)	Duration	Trigger	Thoughts / feelings	Coping strategy used	Outcome
15/03/25 6.30pm	8	20 mins	Watching sport with friends	Everyone else gets to relax with a drink. Feel frustrated and excluded	Delayed decision for 20mins, drank large glass of water and made a soft drink	Successfully managed the craving without drinking. Intensity reduced to 3/10 after applying coping strategies.

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Weekly Summary

Week of: _____

Patterns noticed this week:

Most common triggers:

Most effective strategies:

Progress notes (changes in frequency, intensity, or duration):

Goals for next week:

Weekly Summary

Week of: _____

Patterns noticed this week:

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Most effective strategies:

Progress notes (changes in frequency, intensity, or duration):

Goals for next week:

Monthly Review

Month: _____

Overall craving frequency this month

Increased Decreased Stayed the same

Overall craving intensity this month

Increased Decreased Stayed the same

Most challenging situations:

Most successful strategies:

Personal achievements to celebrate:

Focus area for next month:

Monthly Review

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