

## "Combating Cravings With the Truth" Worksheet Example

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<b>Intensity Scale</b>	
0	10
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No cravings	The worst I have ever experienced

### Rate this Craving

**Date**

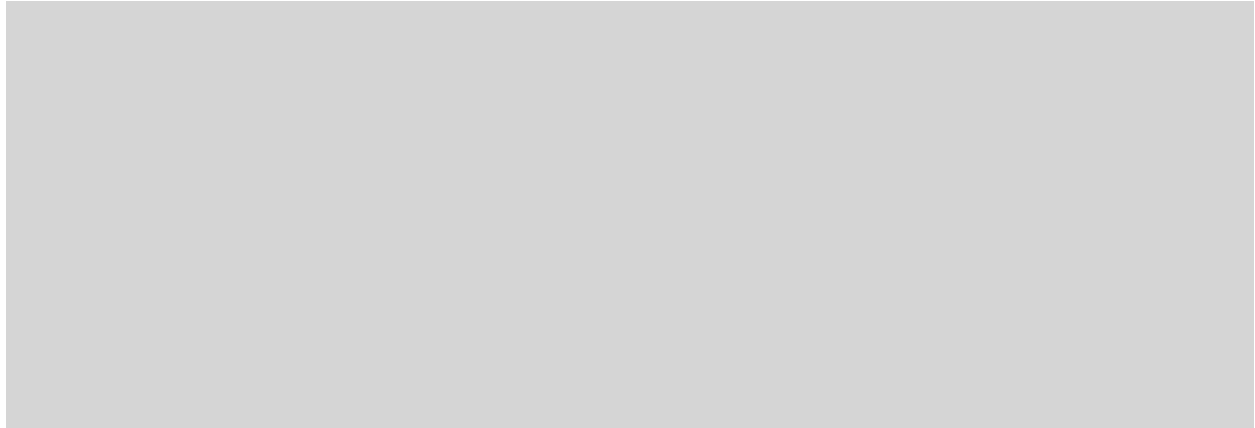
**Intensity**

**Length of Craving**

### Craving and Justification to drink/use

### The Truth

## **Additional Justification #1**



## **The Truth**




## **Additional Justification #2**

A large, empty gray rectangular area intended for the user to write their additional justification.

## **The Truth**

A large, empty gray rectangular area intended for the user to write 'The Truth'.

### **Additional Justification #3**



### **The Truth**



### **Additional Notes**

