



Coping with Cravings

- **Description:** A group that helps clients identify their cravings and practice different techniques to manage them.

- **Instructions:**

- **Introduction (10 minutes):** Explain what cravings are, why they occur, and how they can be managed.

- **Trigger Identification (20 minutes):** Have clients write down situations or emotions that trigger cravings on cards. Discuss these triggers as a group.

- **Coping Strategies (20 minutes):** Introduce various coping techniques, such as delay, distraction, and substitution. Use visual aids like flashcards to represent each strategy.

- **Scenario Practice (30 minutes):** Present hypothetical scenarios and have clients role-play their responses using the coping strategies discussed.

- **Reflection (20 minutes):** Allow clients to reflect on which strategies work best for them and how they plan to implement them in real-life situations.

- **Facilitator Role:** Educate on cravings, guide the identification and discussion of triggers, and facilitate scenario practice.

- **Client Role:** Participate in identifying triggers, practice coping strategies, and reflect on their experiences.