Craving and Cue Cards

**Craving** – is a very strong urge or compulsion to drink alcohol, even though you don’t want to. Craving can be helped by some medications, and by Cue Cards

**Medication:**

**Naltrexone** – recommended by NICE 2011 to support abstinence

###### Acamprosate – recommended by NICE 2011 to support abstinence

**Baclofen –** recommended by British Association of Psychopharmacology

**(Nalmefene -** recommended by NICE 2014, but only for mild alcohol dependence)

**If you are interesting in taking anticraving medication, please talk to your doctor.**

##### Cue cards

Cue cardsare extremely helpful in reducing craving.

A cue card is the size of a business card, and should be carried at all times and kept in various locations, so that when you feel any craving you can read your cue card.

A cue card has two sides -

* on the front side is a list of the **best things** that will happen to you **if you don’t drink** (see example below)
* on the other side is a list of the **worst things** that will happen to you if you **continue to drink** (see example below).

Make several cue cards so that you can put them in different that are easy to access. Keep one in your pocket, wallet, bag, car etc and give one to your Supporter.

**To make some cue cards**, open this PDF document up in Word where it can be edited. Use the Template below – just fill in your own answers and make them very honest (it will work much better if you know your answers are true).

Simply alter the text in all the cards on the Template, print out the first side, turn the card over and print out the second side. Cut the cards out.



### If I don’t drink I will…

1.

2.

3.

##### Zenalyser®

### If I don’t drink I will…

1.

2.

3.

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2.

3.

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### If I don’t drink I will…

1.

2.

3.

##### Zenalyser®

### If I don’t drink I will…

1. e.g. get on better with my wife

2. e.g. feel fitter

3. e.g. have more money

##### Zenalyser®

### If I do drink I will…

1.

2.

3.

**Z**ena**M**ed

# If I **don’t drink** I will…

1. (e.g get on better with my wife)

2. (e.g. feel fitter)

3. (e.g. have more money)

Zenalyser®

# If I **don’t drink** I will…

1. (e.g get on better with my wife)

2. (e.g. feel fitter)

3. (e.g. have more money)

Zenalyser®

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#### Zenalyser®

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Zenalyser®

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### If I don’t drink I will…

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2. (e.g. feel fitter)

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Zenalyser®

### If I do drink I will…

1.

2.

3.

**Z**ena**M**ed

### If I do drink I will…

1.

2.

3.

**Z**ena**M**ed

### If I do drink I will…

1.

2.

3.

**Z**ena**M**ed

### If I do drink I will…

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### If I do drink I will…

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2.

3.

**Z**ena**M**ed

### If I do drink I will…

1.

2.

3.

**Z**ena**M**ed

### If I do drink I will…

1.

2.

3.

**Z**ena**M**ed

### If I do drink I will…

1. e.g. lose my job

2. e.g. have bad liver damage

3. e.g. get into trouble

**Z**ena**M**ed

### If I do drink I will…

1.

2.

3.

**Z**ena**M**ed