



My goals



My motivations



I can call



ALCOHOL & DRUG

Counselling ONLINE

a TURNING POINT service

POCKET GUIDE

Keep this in your wallet
for easy access

**Counselling Online is a 24/7
drug and alcohol service**

www.counsellingonline.org.au



Focus on yourself

Take a moment to breathe calmly and evenly. Find 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, and 1 thing you can taste.

Take your shoes and socks off, place your feet flat on the ground. Feel what is beneath your feet and take five deep breaths.

Pick one object in your field of vision. Trace its outline with your eyes as if you were drawing it. Notice the shapes, colours and textures.

Surfing an urge

1 Delay

The first five minutes of an urge are key. Focus on yourself, if you can delay the urge it will pass.

2 Distract

Make an alternative activities list, focus on something else for 5–10 minutes to get through the peak.

3 Decide

Read your goals and motivations, picture and focus on what you want to achieve beyond the urge.

4 Reflect

When the urge has passed reflect on how you were and you will be when you experience the next urge.

Alternative activities



Call a friend or support person



Watch a movie or TV



Exercise



Have a bath or shower



Tidy the house



Make a hot drink or meal

When I feel an urge I will try to
