

Urshell Chap 3

Cravings

Suggers - identify

✓ your responses to events

I can't deal

I need to get away

I need to just

using would...

Cravings

Physical urge or compulsion

Cravings seem powerful but...

↑ Activate dopamine - hippocampus on
intense remember
limbic system
in prints

Suggers Cravings

Battleground - logic/rational - cortex
Overpowered by limbic -
"Run away brain"

Classical conditioning =

Unkel Chap 3 -

Avoid your triggers -

Pure CBT / AA message

Extinguish Triggers

Resistance Over + Over + Over

Weakens the conditioning

Use of med -

Exposure - home / out patient

- inpatient = false environment

Crash Craving

Complete abstinence = quickest deconditioning
Extinguish

CBT - techniques -

Just say no.

✓ the book