

## EXERCISE: UNCOVERING THE DEPTHS OF URGES AND CRAVINGS

**Objective:** To explore and identify the underlying causes of your urges and cravings using the Iceberg Model.

**Identify a Recent Urge or Craving:** Think about a recent instance where you experienced a strong urge or craving and write it down.

**Describe the Tip of the Iceberg:** Describe the urge or craving as it appeared on the surface. What did you feel like doing? What emotions or thoughts were immediately present?

**Explore Beneath the Surface:** Below your description of the urge, start exploring what might be beneath. Ask yourself reflective questions to uncover deeper emotions, thoughts, or experiences. Some questions to consider:

- What was I feeling emotionally just before the urge appeared?
- Were there any specific events or interactions that might have triggered this urge?
- Are there unresolved issues or past experiences that could be influencing my feelings?
- What needs or desires might I be trying to fulfill through this behavior?

### EXERCISE: UNCOVERING THE DEPTHS OF URGES AND CRAVINGS (CONTINUED)

**Reflection:** Reflect on your answers and write down any insights or patterns you notice. This might include connections to past experiences, recurring emotional states, or specific stressors.



**Develop Insights:** Identify what changes or strategies might help address these underlying causes based on your reflections. This could involve seeking additional support, developing new coping skills, or engaging in activities that fulfill your needs in healthier ways.



**Regular Practice:** Repeat this exercise regularly with different urges or cravings. Over time, you'll notice patterns and better understand what drives your addictive behaviors.

**Closing Reflection:** After completing the exercise, take a moment to reflect on the process and any new understandings you've gained. Remember, the goal is not to judge yourself but to develop a deeper awareness to guide your recovery journey.