



Quick Reference Guide

Daily Tips for Substance Use Treatment

Quick, practical reminders for busy clinicians

Managing Cravings

- Use “urge surfing” visuals to help clients ride out cravings.
- Normalize craving experiences — avoid shame-based language.
- Ask: “What’s underneath the urge right now?”

Dealing with Resistance

- Reflect the resistance instead of confronting it.
- Try: “It sounds like a part of you isn’t ready yet — tell me more.”
- Use Motivational Interviewing (MI) techniques to draw out change talk.

Boosting Motivation

- Use values-based questions: “Why is this important to you?”
- Set small wins and let clients track progress visually.
- Reinforce strengths: “What worked before, even for a day?”

In-the-Moment Support

- Try grounding tools: 5-4-3-2-1, deep breathing, or sensory objects.
- Keep laminated coping cards or emotion wheels handy.
- When in doubt: validate, regulate, then collaborate.

Even on the days it feels invisible, your work matters.”

— The Underrated Superhero Team