

# QUICK REFERENCE GUIDE

## Daily Tips for Substance Use Treatment

### 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?"

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

- The Underrated Superhero Team

### DEALING WITH RESISTANCE

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.

### 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.

### 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?"