

01

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Ride the Wave

Cravings peak and pass, usually within 15 to 30 minutes. You do not have to fight it. You just have to outlast it.

Notice where you feel it in your body. Name it. Watch it change.

You have survived every craving you have ever had so far.

In crisis? Call or text 988

02

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5-4-3-2-1 Ground Yourself

5 things you can SEE
4 things you can TOUCH
3 things you can HEAR
2 things you can SMELL
1 thing you can TASTE

Your brain cannot be fully in a craving and fully in the present at the same time.

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03

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Fast-Forward Past the First One

Your brain is showing you the relief. Fast-forward past it.

What does tomorrow morning look like?
What do you say to the people you care about?
What does your body feel like in 24 hours?

That is the full picture. Make your decision from there.

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04

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Call Someone Right Now

Write one name here:

Call them before you make a decision. You don't have to say why. Just stay connected to another person for the next few minutes.

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05

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Change the Channel

Your brain is locked on a signal. Interrupt it physically.

Stand up. Walk outside. Splash cold water on your face. Put on music. Move your body.

The goal is to break the loop, not to feel better immediately.

In crisis? Call or text 988

06

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Remember Your Why

Write it here:

When a craving hits, it narrows your vision. This card is a reminder that something exists outside of this moment that matters more than this moment.

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07

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HALT Check

Right now, am I...

HUNGRY?

ANGRY?

LONELY?

TIRED?

Most cravings are sitting on top of an unmet need. Address the need underneath, not the craving on top of it.

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My Crisis Plan

When I feel a craving, I will first:

The person I will call:

My reason to stay sober:

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Print Instructions

Printing

1. Print on cardstock (65 lb or heavier) if possible. Standard paper works fine for wallet cards.
2. All 8 cards fit on 2 pages. Print both pages.
3. Card 08 (My Crisis Plan) is white — fill it in with a pen before you need it.

Cutting

4. Cut along the dashed guide lines around each card.
5. Cards are standard business card size: 3.5" x 2.5".
6. A paper trimmer gives cleaner edges than scissors.

Using the Cards

Keep one in your wallet.

Tape one to your bathroom mirror.

Give one to someone who might need it.

Fill in Card 04 (Call Someone) and Card 08 (My Crisis Plan) before you need them.

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