

CORE

FREE / 4 PAGES

FIELD GUIDE 01

THE CRAVING CIRCUIT BREAKER

A Practical Support Plan for Urges, Triggers and Safer Next Steps

The urge is real. It is not an instruction.

THE CORE PROMISE

A useful first framework and one action you can use today - intentionally shorter than the complete Extended workbook.

01 / UNDERSTAND THE PATTERN

RECOVERY GETS STRONGER WHEN THE PLAN GETS SPECIFIC

Cravings can feel urgent, physical and personal. A useful plan does not shame the urge or romanticise it. It names the cue, buys time, changes access, brings in support and connects you with treatment that matches the substance and the risk.



WHAT THIS CORE EDITION HELPS YOU DO

● CORE OUTCOME 01

Map triggers without turning them into a character verdict.

● CORE OUTCOME 02

Build a ten-minute bridge for an urge.

● CORE OUTCOME 03

Create an environment and contact plan before a high-risk moment.

● CORE OUTCOME 04

Know when professional, overdose or crisis help is the next step.

02 / USE THE ACTION CARD

THE 10-MINUTE CIRCUIT BREAKER

1

NAME

This is an urge, not an instruction. Intensity: __/10.

2

MOVE

Leave the access point and go toward a safer place.

3

DELAY

No use decision for ten minutes.

4

CONNECT

Call or message: _____

5

ESCALATE

If safety is uncertain, use professional or emergency help now.

WRITE THE FIRST REAL STEP

The life I am protecting in the next ten minutes is...

03 / CHECK IN + CHOOSE THE NEXT LEVEL

CORE CHECK-IN

● The pattern I noticed is...

● The smallest safer or more useful move is...

● The person, place, or support that helps is...

SCOPE + SAFETY

This is not a detox plan, a medication guide, or a substitute for addiction treatment. Withdrawal risk varies by substance and person. Do not stop or change prescribed medicines without the prescriber. Seek medical advice for withdrawal concerns.

CORE OR EXTENDED?

CORE / FREE

THE FIRST MOVE

- 4 focused pages
- One clear framework
- One immediate action card
- A concise safety boundary

EXTENDED / \$7.99

THE FULL SYSTEM

- 15 focused pages
- 7 original visual scenes
- Complete exercises + plan

OPEN EXTENDED ->

SOURCE ROUTES: NIDA / SAMHSA / EVIDENCE NOTE

EXTENDED: <https://championverse.com/7-99-the-craving-circuit-breaker-a-practical-support-plan-e-book/>

EDUCATION + REFLECTION / NOT INDIVIDUAL CARE

CORE 4/4