

The Problem of Immediate Gratification (PIG)



Like any good PIG, it loves to be fed. The way you can feed this pig is through minor stresses that you dismissed as annoying but you are now treating as major issues.

The problem with the PIG is that immediate gratification often has greater influence on us than healthier, delayed rewards.

What occurs is the following:

Trigger=>Craving=>Urge=>Act Out/Use or
An Event=>I Want to Use=>I Need to Use=>I Feel Better Now

The only way to break this cycle and shrink the PIG is to not give in to your cravings. Over time this will put your PIG on a diet. If you feed the PIG, it will just get hungrier and hungrier creating more cravings and urges within you. The secret is, identify your triggers and manage your triggers through the use of SMART Recovery tools

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