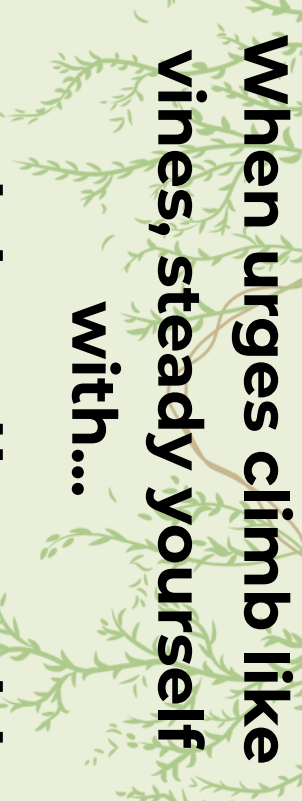




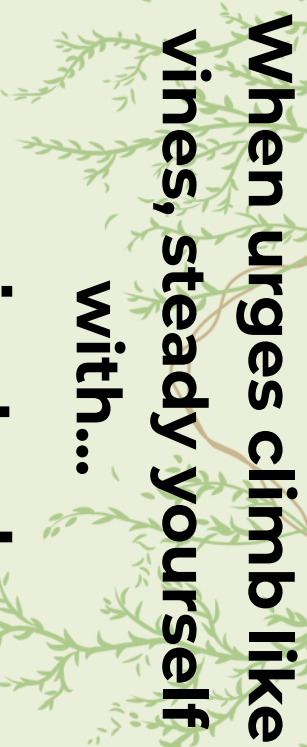
Steady Vines: Coping Cards for Recovery

Ground Yourself &
Grow

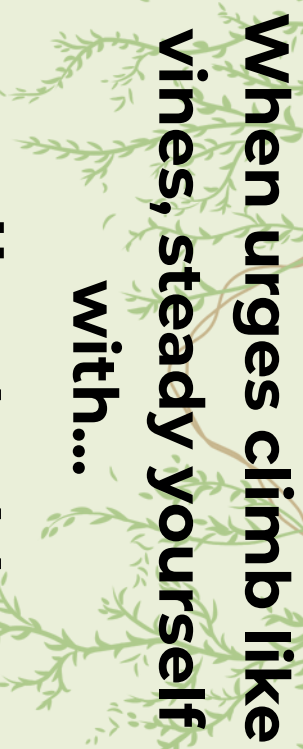
A Therapist-Designed Tool for
Managing Urges



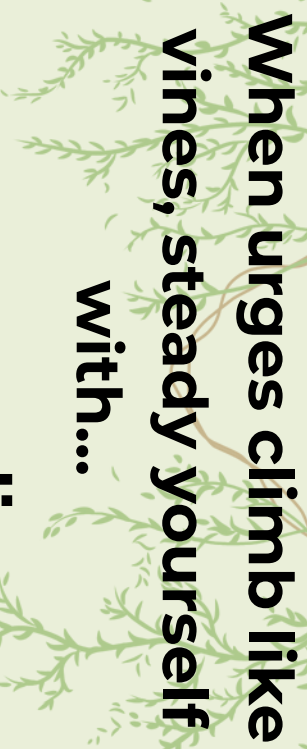
**When urges climb like
vines, steady yourself
with...
a quick walk outside
to reconnect with
nature.**



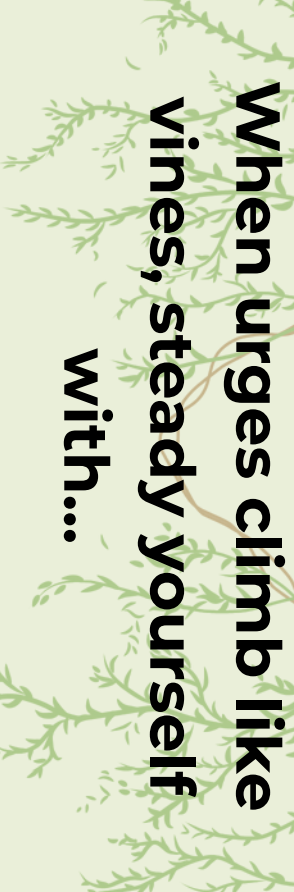
**When urges climb like
vines, steady yourself
with...
a 5-minute deep
breathing exercise.**



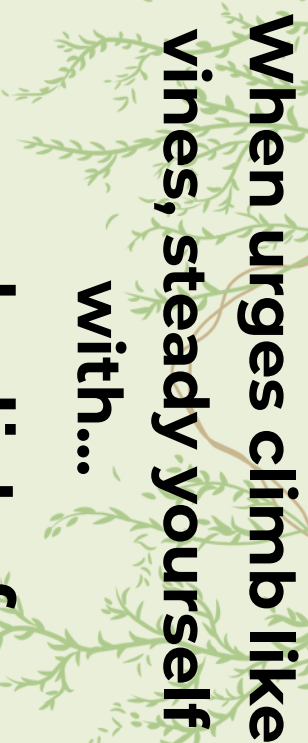
**When urges climb like
vines, steady yourself
with...
a call or text to a
trusted friend or
support person.**



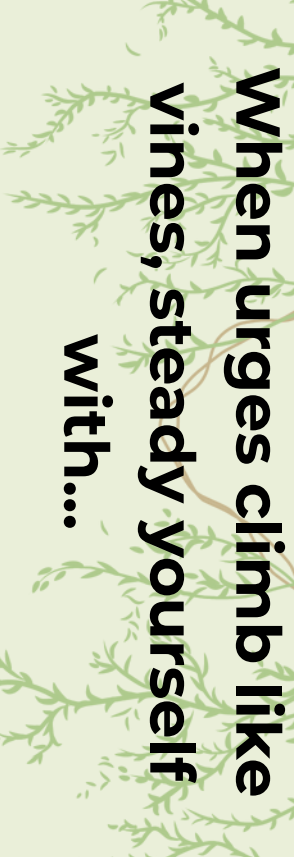
**When urges climb like
vines, steady yourself
with...
a grounding
technique.**

A decorative green vine with small leaves and a few orange berries, framing the text on the right side of the card.


**When urges climb like
vines, steady yourself
with...
a journal entry about
your feelings and what
you want to grow toward.**

A decorative green vine with small leaves and a few orange berries, framing the text on the right side of the card.

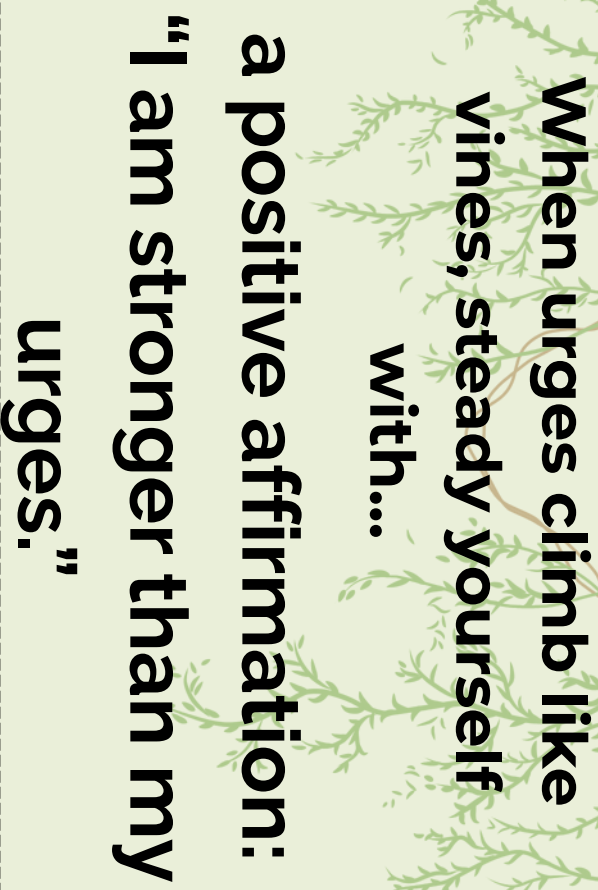
**When urges climb like
vines, steady yourself
with...
a playlist of
uplifting songs to
shift your mood.**

A decorative green vine with small leaves and a few orange berries, framing the text on the right side of the card.

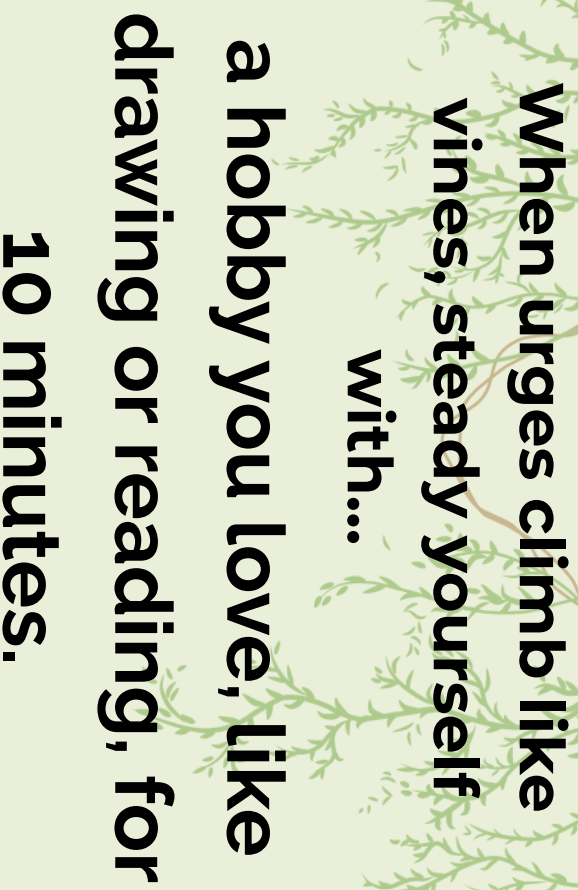
**When urges climb like
vines, steady yourself
with...
a glass of water and a
moment to hydrate
mindfully.**

A decorative green vine with small leaves and a few orange berries, framing the text on the right side of the card.

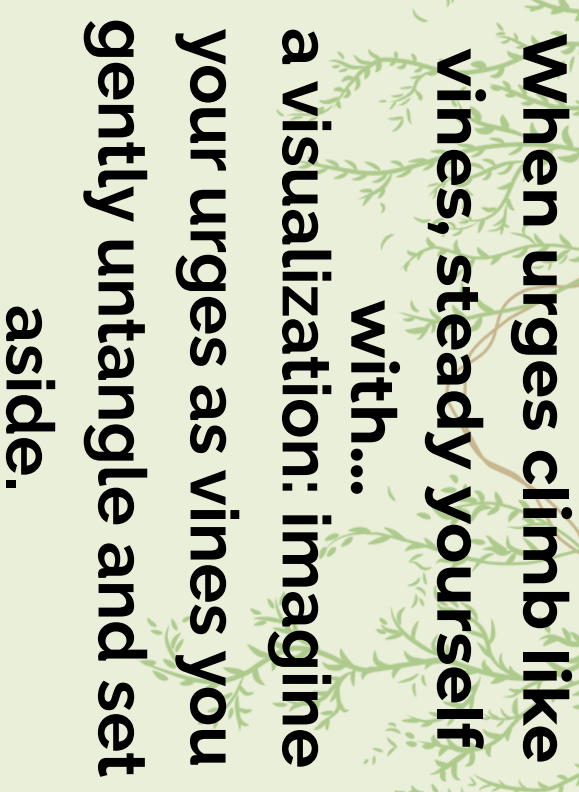
**When urges climb like
vines, steady yourself
with...
a quick stretch or
yoga pose to
release tension.**



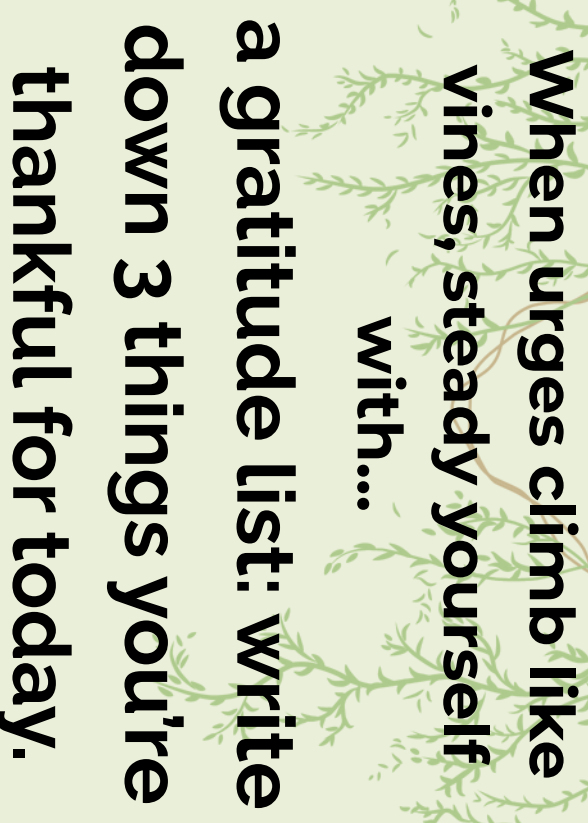
**When urges climb like
vines, steady yourself
with...
a positive affirmation:
“I am stronger than my
urges.”**



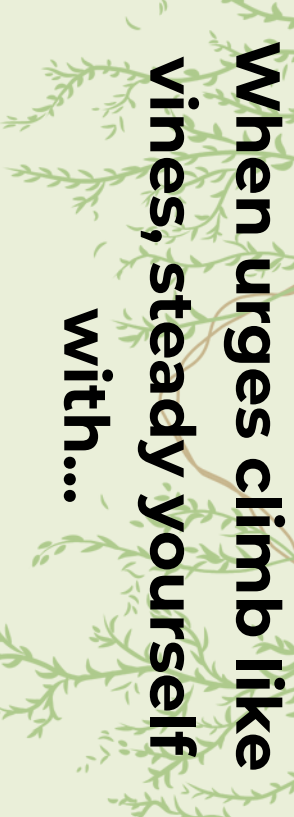
**When urges climb like
vines, steady yourself
with...
a hobby you love, like
drawing or reading, for
10 minutes.**



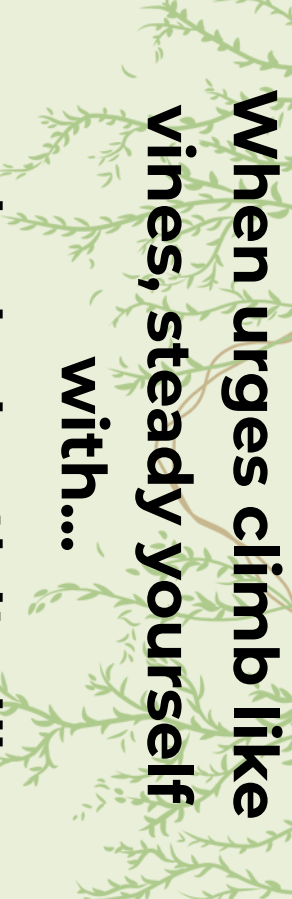
**When urges climb like
vines, steady yourself
with...
a visualization: imagine
your urges as vines you
gently untangle and set
aside.**




**When urges climb like
vines, steady yourself
with...
a gratitude list: write
down 3 things you're
thankful for today.**

A decorative green vine with small leaves and a few orange berries, framing the text on the right side of the card.

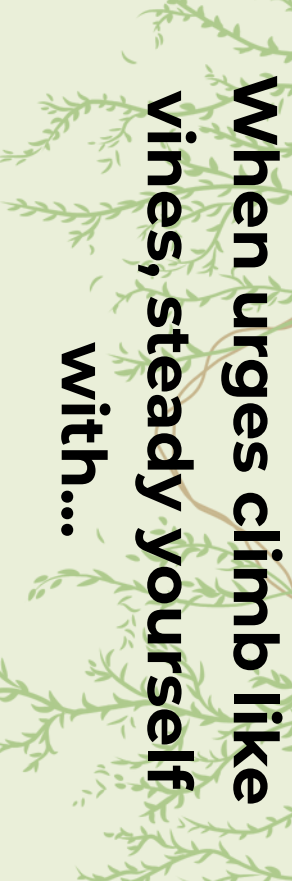
**When urges climb like
vines, steady yourself
with...
a cold shower or
splashing cold water
on your face to reset.**

A decorative green vine with small leaves and a few orange berries, framing the text on the right side of the card.

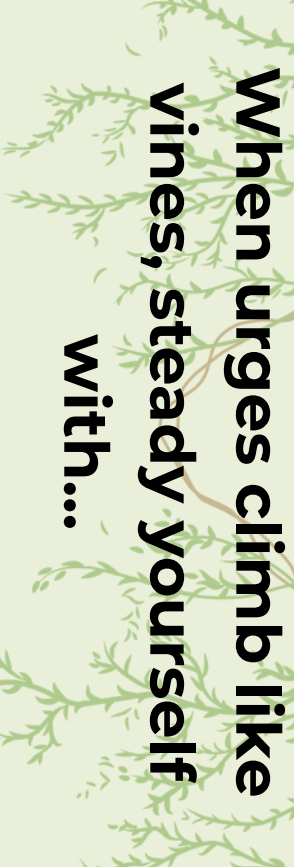
**When urges climb like
vines, steady yourself
with...
a physical activity, like
jumping jacks or a quick
run, to redirect your energy.**

A decorative green vine with small leaves and a few orange berries, framing the text on the right side of the card.

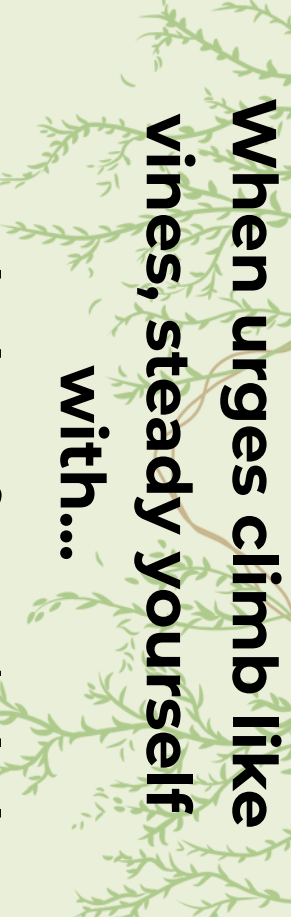
**When urges climb like
vines, steady yourself
with...
a mindfulness exercise:
focus on your breath
for 10 slow counts.**

A decorative green vine with small leaves and a few orange berries, framing the text on the right side of the card.


**When urges climb like
vines, steady yourself
with...
a prayer or meditation
that aligns with your
beliefs.**

A decorative green vine with small leaves and a few orange berries, framing the text on the right side of the card.

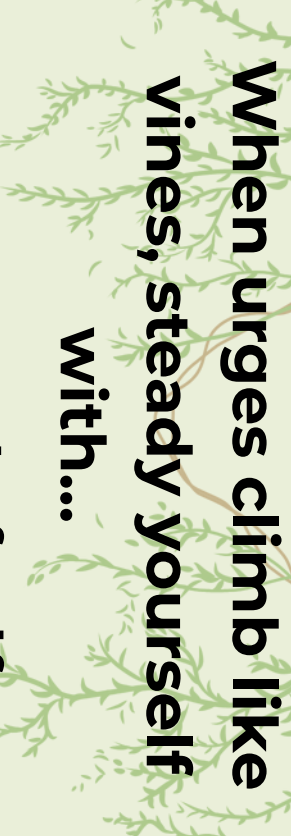
**When urges climb like
vines, steady yourself
with...
a healthy snack to
nourish your body and
shift your focus.**

A decorative green vine with small leaves and a few orange berries, framing the text on the right side of the card.

**When urges climb like
vines, steady yourself
with...
a reminder of your 'why':
write down one reason you're
committed to recovery.**

A decorative green vine with small leaves and a few orange berries, framing the text on the right side of the card.

**When urges climb like
vines, steady yourself
with...
a body scan: notice
where you feel tension
and breathe into it.**

A decorative green vine with small leaves and a few orange berries, framing the text on the right side of the card.

**When urges climb like
vines, steady yourself
with...
a moment of self-
compassion: "I'm doing my
best, and that's enough."**

How to Use Your 'Steady Vines' Coping Cards

Thank you for purchasing the 'Steady Vines' Coping Cards from Let Growth Bloom! Here's how to get started:

Step 1: Print Your Cards

Print the coping cards on 8.5x11 paper at 100% scale. Use a color printer for the best experience, or print in black and white if needed. Cardstock or matte photo paper is recommended for durability.

Step 2: Cut Out the Cards

Cut along the dashed lines to separate the cards. You can keep them in a jar, box, or binder for easy access.

Step 3: Use the Coping Cards

When you feel an urge, draw a card and follow the prompt to steady yourself. Use them daily, as needed, or in therapy sessions to manage urges and grow stronger.

Printing Tips

If you don't have a printer, you can use a local print shop or library. For a durability, consider printing on cardstock.

Need Help? Need a Different Size?

If you have any questions, message me on Etsy – I'm here to help! This printable is designed for 8.5x11 paper. Need a different size? Message me, and I'll be happy to help!