

TRIGGERS

Triggers are people, places and things that can cause you to experience a craving or urge to use. You won't be able to identify and avoid all triggers. So, as a part of your sobriety plan, you should also consider how you will manage high risk situations where you might be triggered.

Questions to Ask Myself
* Who could remind me of drug/alcohol use?
* Which places or locations could trigger me?
* What paraphernalia should I avoid?
* Which emotions could make me want to use?
* Which addictive thoughts could make me relapse?
* What kinds of situations could make me relapse?
* What can I do if I cannot avoid a trigger?

My Sobriety Plan

CRAVINGS

Cravings will always be a part of your recovery. Your plan should include what you will do if you have a craving. Think about who you can call, where you can go and what will provide you comfort and calm a craving.

Questions to Ask Myself
* Who can I speak to if I feel like using?
* What will calm me down if I have a craving?
* What can I do to distract myself if I have a craving?
* Where can I go if I have a craving?
* What can I think about to stop a craving?

My Sobriety Plan

RELAPSE

Relapse happens before you ever pick up a drink or a drug. It's often said relapse is a process, not an event. This means you will have cues to alert you to a relapse before it happens. If you pay attention to the cues, you can prevent a relapse before it happens. Furthermore, it can be difficult for you to see the signs that a relapse is coming. Therefore, you may want to have people close to you who will let you know when they see the behavior signs leading towards a relapse. Often a fellow addict can see the signs before someone else can - this is why a sponsor is important.

Questions to Ask Myself - Emotional Cues
* Am I angrier, more defensive or frustrated than normal?
* Do I have more anxiety or am I more depressed?
* Am I asking for help when I need it?
* Am I having more mood swings?
* Am I feeling restless or bored?

My Sobriety Plan