

Coping Plan

It is not always possible to avoid triggers. Be prepared with some different coping strategies when you are confronted with an urge.

If I run into a trigger situation:

1. I will escape/leave or change the situation.

Safe place I can go: _____

2. I will delay/put off the decision to use or drink for 15 minutes. I'll remember that my craving usually goes away in ___ minutes and I have dealt with cravings successfully in the past.

3. I'll distract myself with something to do.

Good distracters: _____

4. I'll call my list of emergency numbers.

Name: _____

Name: _____

Name: _____

5. I'll remind myself of my success to this point.

6. I'll think of the positives of not using and/or the negative consequences of using.

7. I will reward myself for taking positive actions based on the warning signs by (list rewards below):
