

When I'm in a High Risk Situation....

Using this template can help you plan what to do if I find myself at risk of drinking.



A safe place I can go to is....

e.g. SMART drop-in service, Jill's place (she doesn't drink), the movies

I can call...

e.g. my Recovery Worker, my sponsor, John from church,

I will distract myself by....

e.g. going for a walk, going to the gym, meeting Kate for a coffee

I will challenge my thoughts by...

e.g. checking them against reality, talking to someone else, remembering how far I've come

I know I can do this, my successes so far are:

e.g. I turned down a drink with my work friends / I've been sober 2 months / I refused the gift of wine from Kate