

My Triggers

Think about the people, places and things that make you think about using and how you can avoid them.

<p>The People that put me at risk of using are:</p>	
<p>I can avoid these people by:</p>	
<p>The Places and Situations that put me at risk of using are:</p>	
<p>I can avoid these places and situations by:</p>	
<p>The Things that put me at risk of using are:</p>	
<p>I can avoid these things by:</p>	

List the three things that put you at HIGHEST RISK, that you need to avoid:

- 1.
- 2.
- 3.

Now you know your triggers and how to avoid them, try writing a plan to deal with high risk situations.