My Triggers and Warning Signs

Works for substance use, low mood or anxiety. Be specific: who, where, when, what I feel.

Name: _____ Date: _____

My triggers and high risk situations

Feelings e.g. stressed, lonely, angry, bored

People who makes it harder?

Places where am I most at risk?

Times and events payday, weekends, holidays

Body states hungry, tired, in pain, sick

Thoughts "I deserve it", "just one"

My warning signs ladder

relapse usually starts before the first use

1 Early signs

self care slipping, pulling away, poor sleep

Signs I notice: _____

Then I will: _____

2 Serious signs

cravings, bargaining, old contacts, secrets

Signs I notice: _____

Then I will tell: _____

3 Crisis signs

using, planning to use, hopeless thoughts

Signs I notice: _____

Then I will call: _____

Original layout by Lotus & Tulip, inspired by cognitive behavioral relapse prevention. A planning tool, not a substitute for care.

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My Coping Plan

Match each high risk situation with a plan you have practiced. Specific beats strong willpower.

Name: _____ **Date:** _____

My if then plans

1. **If** _____
   then I will _____
2. **If** _____
   then I will _____
3. **If** _____
   then I will _____
4. **If** _____
   then I will _____
5. **If** _____
   then I will _____

Urge surfing: an urge is a wave

1. Notice it and name it
2. Breathe and feel where it sits in my body
3. Watch it rise, peak and fall
4. Wait 20 minutes before deciding

My refusal line: _____

My exit plan if I need to leave: _____

Lifestyle balance: what keeps me steady

Sleep	Food	Movement	People	Fun and rest

My top reasons, to reread on a hard day

1. _____
2. _____
3. _____
4. _____
5. _____

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If I Slip and My Support Team

A lapse is one slip, not a relapse. What I do in the next hour matters most.

Name: _____ **Date:** _____

My lapse plan

1. **Stop. Pour it out, put it away, leave the place.**
2. **Get safe. Do not use alone. Tolerance drops after a break.**
3. **Reach out within one hour to:** _____
4. **Be kind, not harsh: a slip is information, not failure.**
5. **Review it: what led up to it, and what I will change:** _____

What I will say to myself after a slip:

_____

My support team

Name	Phone	When I call them

Counselor, sponsor, peer support, prescriber, meeting or group:

Safe places I can go: _____

People or places to avoid when I feel shaky: _____

Treatment or medication I keep up: _____

US help, any time

Call or text 988 (Suicide and Crisis Lifeline). Text HOME to 741741 (Crisis Text Line). SAMHSA National Helpline 1-800-662-4357, free and confidential treatment referral, 24/7, English and Spanish. Call 911 for a suspected overdose or immediate danger. Stopping alcohol, benzodiazepines or some medicines suddenly can be dangerous, so plan changes with a medical provider.

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