



Emergency Plan

My Main Craving Triggers are:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

How can I deal with this trigger?

- Avoid OR _____
- Avoid OR _____
- Avoid OR _____
- Avoid OR _____
- Avoid OR _____
- Avoid OR _____
- Avoid OR _____
- Avoid OR _____

Remember that running into problems is part of life and triggers cannot always be avoided, but running into these triggers means you need to be particularly careful about relapse.

General Coping Strategies

1. I will leave or change the situation. Safe place I can go: _____

2. I will put off the decision to use for 15 minutes. I'll remember that my craving usually go away in _____ minutes and I have dealt with cravings successfully in the past.
3. I'll use the Mindfulness Skills.
4. I'll call my list of emergency numbers.
Name: _____ Phone: _____
Name: _____ Phone: _____
Name: _____ Phone: _____
5. I'll remind myself of my success to this point: _____

6. I'll challenge my thoughts about using with these positive thoughts: _____

