



Planning

One way to deal with your own triggers/high-risk situations is to avoid situations completely:

- Don't frequent pubs or clubs
- Don't hang around with heavy drinkers or drug users
- Don't keep alcohol or substances in your house
- Don't carry money around which you don't definitely need for something else

Of course, there will always be situations that you can't avoid. Therefore, you must plan to help you deal with these situations:

- If you meet a friend, decide where you will meet that is safest for you,
- Think about how you will respond if you are offered a drink,
- How will you respond if you are questioned about having a soft drink?
- If family situations can sometimes be difficult, plan how you can make things easier.

It's also helpful to have a plan for what you will do if you are feeling very vulnerable in a situation or you do have a lapse. Examples might be:

- Agreeing with a friend/partner/sponsor you can phone them (and always having their number handy)
- Writing a letter to yourself/carrying a photo you can look at to remind you of why you wanted to stop using/drinking
- Attending a support meeting

