

What areas do you need to develop?

Challenge your negative thinking	Be aware of triggers and thoughts which lead to drinking/using
Learn to avoid/manage high-risk situation	Ask for help
Practice calling friends before you have cravings	Become actively involved in groups which will support you
Do things which you enjoy	Get rid of friends who drink/use drugs
Make time for you and your recovery	Celebrate your small victories. Recovery is about progress not perfection.
Practice saying no	Take better care of yourself
Develop healthy eating and sleeping habits	Learn to relax and let go of stress
Discover how to have fun clean and sober	“Play the tape forward” to deal with cravings
Find ways to distract yourself when you have cravings	Find ways to give to others
Develop a strategy for social settings where drinking is involved	Thank the supportive people in your life.
Develop tolerance and compassion for yourself and others	Find opportunities to learn new things
Say goodbye to the way you were drinking/using	See yourself as someone who can choose a different life

Area	Action	Priority