Triggers and plan

A trigger is anything that makes a drink feel more likely: a time, a place, a person, a feeling. Plan your response in advance, while you are calm.

MY TRIGGER	WHEN / WHERE IT HAPPENS	WARNING SIGNS I NOTICE	MY PLAN INSTEAD	WHO I CAN CONTACT

MY EMERGENCY EXIT

If I am somewhere and the urge gets too strong, I will:

_____

Safety: this sheet is not medical advice. If you drink heavily every day, or get shaky, sweaty, anxious or sick without a drink, talk to your GP or doctor before stopping: alcohol withdrawal can be dangerous. In an emergency call 999 (UK) or 911 (US).