

My Action Plan

I **understand** that even though I have stopped using alcohol and/or drugs, I will still be tempted to use.

I **understand** that having a “slip” does *not* mean that I am a failure. I will learn from that setback and try again. I agree to accept my responsibilities, use my skills, revise my plan, and try to avoid relapsing.

I **understand** that I am not doing this alone, and that I have people in my life who can support me and help me stay away from alcohol and/or drugs.

IF I START TO FEEL TEMPTED, I WILL.....

1.

2.

3.

4.

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6.