

When I am Tempted to Use

Check off the situations in which you would be most tempted to use drugs or alcohol. Then, add your own situations to the list.

- When I am having withdrawals
- When I want to have just one drink
- When I want to see if I can handle using in moderation
- When I have a headache
- When I am worrying about something
- When I have a dream about drugs
- When I am tired
- When I'm in pain
- When I'm depressed
- When I'm angry
- When I want to relax
- When I'm at a party
- When I see drugs and alcohol on TV
- When I'm happy
- When my friends are using
- When I am on vacation
- When I am bored