

RELAPSE PREVENTION

What happens *before* you use? Describe events that were taking place, people you were with, places you visited, and emotions you were feeling. What about some of the thoughts you had that contributed to your use?

Describe what has helped you to stay clean in the past.

Lined area for writing the answer to the first question.

What are some things you *haven't* tried to stay clean?

Lined area for writing the answer to the second question.