When I am Tempted to Use

Check off the situations in which you would be most tempted to use drugs or alcohol. Write in your own situations if you don’t see them listed.

___  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