

All Purpose Coping Plan

If I run into a medium/high-risk situation:

- 1. I will leave or change the situation.*

Safe places I can go:

- 2. I will put off the decision to use for 15 minutes. I'll remember that my cravings usually go away in ___ minutes and I've dealt with cravings successfully in the past.*

- 3. I'll distract myself with something I like to do.*

Good distracters:

- 4. I'll call my list of emergency numbers:*

Name: _____

Name: _____

Name: _____

- 5. I'll remind myself of my successes to this point:*

- 6. I'll challenge my thoughts about using with positive thoughts:*
