**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:  
   Name:  

5. I’ll remind myself of my successes to this point:  
   __________________________________________________________  
   __________________________________________________________  
   __________________________________________________________  
   __________________________________________________________  

6. I’ll challenge my thoughts about using with positive thoughts:  
   __________________________________________________________  
   __________________________________________________________  
   __________________________________________________________  
   __________________________________________________________