



Reaching for Alcohol Prevention Plan

You will have more success avoiding the habit of reaching for alcohol when you have a solid plan in place to help you to deal with triggers, temptation, and all the other challenges that come your way.

Once complete this sheet will become your prevention plan, and it will enable you to identify your red flags so that you can navigate through your triggers and handle the experience more successfully, and without alcohol.

Self Awareness: Five Warning Signs That I May Reach For Alcohol

Social Support: People I Can Speak To Instead of Reaching For Alcohol

Coping Skills: Five Activities I Can Do To Keep My Mind Off Alcohol



Consequences: What Are The Outcomes Of Reaching For Alcohol

If I drink the consequences include.....

If I refrain from drinking the effects include...

Emotions: Five Things I Can Do To Mangle My Emotions

Thoughts: Five Things I Can Do To Mangle My Thoughts