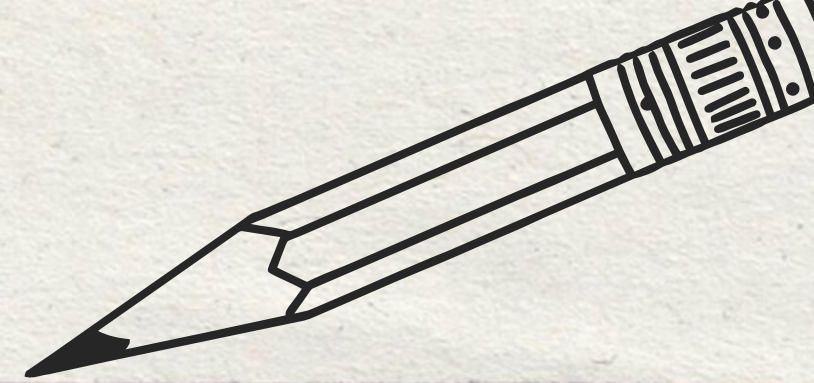


# MY RELAPSE PREVENTION THOUGHTS



WHO/WHERE CAN I  
CALL FOR SUPPORT?

WHAT MAKES ME WANT  
TO USE?

WHAT SAFE AND HEALTHY  
ACTIVITIES CAN I DO?

WHAT DO I HAVE TO LOSE  
BY USING?

WHAT DO I HAVE TO  
GAIN BY NOT USING?

WHAT ARE MY GOALS AND  
REWARDS FOR MEETING THEM?