



## Activity 3: Build My Substance Use Action Plan

Visit [R1LEARNING.COM](http://R1LEARNING.COM) to download printable Activity Worksheets.

### Discovery Cards Summary

#### Potential Substance Use Situation

Describe the potential Substance Use situation you anticipate. When, where, and why are you going to be in this situation?

#### Substance Use Action Plan

**Anticipate** — What potential Substance Use triggers will be present?  
List up to 6 Substance Use triggers you identified from the card activity

Substance Use Triggers	Substance Use Trigger Type
1	
2	
3	
4	
5	
6	

**Plan** — What are you going to do to avoid or minimize these triggers?

**Observe** — How are you going to stay aware of what's going on outside of you (people, places, and things) and inside of you (thoughts, emotions, and feelings)?

**Respond** — What actions are you committed to take if you think or feel you are at risk?

## Questions to Explore

1. Is it possible to avoid this situation completely? How?
2. What are you committed to do no matter what? At what point will you take action and remove yourself from the environment completely?
3. Who will you ask for help and support?
4. What will be the benefit for you and others if you avoid this situation?