



Activity 3: Build My Substance Use Warning Signs Action Plan

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Observe: List one of your top substance use warning signs below

Substance Use Warning Sign: statements from the card front	Substance Use Phase: from colored card back
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Read the Substance Use Warning Sign and corresponding Phase Definition Cards and complete the table below .

Evaluate: What I Do Now		Respond: My New Plan
1	Description — I know I'm in trouble with my recovery when I...	Recovery Activities — The recovery activities I will use to manage these warning signs are...
2	Thoughts — When I experience this warning sign I tend to think...	Managing Thoughts — A new way of thinking to help me manage this warning sign is...
3	Feelings — When I experience this warning sign I tend to feel...	Managing Feelings — A new way of managing my feelings is...
4	Urges — When I experience this warning sign I have an urge to...	Managing Urges — A new way of managing my urges is...
5	Actions — When I experience this warning sign I actually do this...	Managing Actions — A new way of managing my actions is...
6	Reactions — I tend to invite others to become part of my problem by...	Managing Reactions — A new way of inviting people to help me is...