IDENTIFY HIGH RISK SITUATIONS

Where (in what locations and circumstances, easy access to the old behavior):_____

_____

_____

_____

_____

What (activities, feelings, thoughts):_____

_____

_____

_____

_____

When (time of day or before or after a particular event):_____

_____

_____

_____

_____

Who (people supporting or accompanying the old behavior or trigger stress):_____

_____

_____