

## When I am Tempted to

Check off the situations in which you would be most be tempted to alcohol. Then, add your own situations to the list.

- When I am having withdrawal
- When I want to have just one drink
- When I want to see if I can handle using in moderation
- When I have a headache
- When I am worrying about something
- When I have a dream about drugs
- When I am tired
- When I'm in pain
- When I'm depressed
- When I'm angry
- When I want to relax