

Warning Sign Identification Card—Side 1

Title: _____

Description: I know I'm in trouble with my recovery when I...

Thought: When I experience this warning sign I tend to think...

Feeling: When I experience this warning sign I tend to feel...

Urge: When I experience this warning sign I have an urge to...

Action: When I experience this warning sign what I actually do is...

Reaction: I tend to invite others to become part of my problem by...

For readers call: Donald Stone/Independence Press at 1-800-767-6161 or (516) 521-2665

Warning Sign Identification Card—Side 2

Title: _____

Recovery Activities: The recovery activities I can use to manage this warning sign are...

Managing Thoughts: A new way of thinking that will help me manage this warning sign is...

Managing Feelings: A new way of managing my feelings is...

Managing Urges: A new way of managing my urges is...

Managing Actions: A new way of acting is...

Managing Reactions: A new way of inviting people to help me is...

