

# PEOPLE, PLACES, AND THINGS

## Worksheet

Name \_\_\_\_\_

*People, places, and things that remind us of our past drug use can trigger a relapse. Driving past an old bar, hanging out with certain friends, or listening to an old song can bring back memories of using.*

List people, places, things you should avoid to reduce your risk of relapse.

### PEOPLE

.....

.....

.....

.....

.....

.....

### PLACES

.....

.....

.....

.....

.....

.....

### THINGS

.....

.....

.....

.....

.....

.....