When I am Tempted to

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

___ When I am having withdrawals
___ When I want to have just one drink
___ When I want to see if I can handle using in moderat
___ 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