

**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...  
\_\_\_\_\_  
\_\_\_\_\_

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**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...  
\_\_\_\_\_  
\_\_\_\_\_