**1. Things are changing**

Let's think about what that means for you.

**The changes you have made / are making are ...**

- e.g. quit drinking, cut down, use more safely, having a break for a month - be as specific as you can.

**2. Your reasons**

This could include things you really care about, and again try to be specific. e.g. health, relationships, finances, work, mood, appearance.

**The main reasons you’ve decided to make these changes are ...**

- e.g. reconnecting with friends / family, saying no, limiting use to weekends, cooking a meal, exercising. Nothing is too small. Celebrate your efforts along the way.

**3. What’s working?**

**Things that are helping you are ...**

- e.g. keeping a diary, exercising, using an app when I have cravings, eating three meals a day.

**4. My supports**

**The people who are supporting you are ...**

- e.g. worker, peer support group, helpline, friends, family member.

**Is there anyone else you can ask for support?**

Consider sharing your plan with people you trust.

**5. Your achievements**

**Something you're proud of is ...**

- e.g. reconnecting with friends / family, saying no, limiting use to weekends, cooking a meal, exercising. Nothing is too small. Celebrate your efforts along the way.

Take a photo of something that represents your reasons for change, to remind you what’s important. Keep it visible e.g. wallet, fridge, or save it as your phone or computer desktop background.

Or try recording your reasons on your phone and play them back when you need reminding.

Take some time to look in the mirror and reflect on how far you have come!
This page looks at the people, places, activities and thoughts that could steer you off course (i.e. ‘triggers’). It can be useful to develop strategies to manage these triggers until you feel strong.

In the space below identify people who you associate with your drinking or drug use. e.g. who I used to drink or use with, who upset me, who have different values to me.

In the space below identify activities, times and places that are - or could be - difficult. e.g. being offered a drink or drug, social situations, festivals, the weekend, anniversaries, pay day.

In this box identify things that might help you to cope with these situations. e.g. suggest other activities to do with friends, change routine, plan something to look forward to on a difficult date.

In this box identify things that might help you to cope with these thoughts and feelings. e.g. delay / distract / do something else, “urge surfing”, mindfulness, relaxation exercises, journal, schedule each day, do something soothing - colour in, pat the dog.

In the space below identify thoughts and feelings that are difficult to manage. e.g. cravings, tension, worry, shame, anger, boredom “once won’t hurt”, “nobody cares”.

In this box identify things that might help you to cope with these thoughts and feelings. e.g. do something fun, buy something, go on a holiday.

Client’s have provided feedback on this publication.

In the space below identify things you can try... e.g. avoid them, delete contacts from your phone, tell them your plans, join an online forum or support group.

THINGS YOU CAN TRY ...

e.g. avoid them, delete contacts from your phone, tell them your plans, join an online forum or support group.

Remember, if you slip up it’s NOT a failure. You don’t have to go back to the way you used to drink or use. You can always do something to get back on course. Learn from the experience, be kind to yourself and keep going.

Many people benefit from extra help. Talk to a support person or call the free national Alcohol and Other Drug Hotline 24 hours a day to speak with a counsellor. 1800 250 015

Well done! You now have a plan to stay on course.