**When I am Tempted to Use**

Check off the situations in which you would be most tempted to use drugs or alcohol. Write in your own situations if you don’t see them listed.

\_\_\_\_ When I am having withdrawals

\_\_\_\_ When I want to have just one drink

\_\_\_\_ When I want to see if I can handle using in moderation

\_\_\_\_ 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

\_\_\_\_ When I’m at a party

\_\_\_\_ When I see drugs and alcohol on TV

\_\_\_\_ When I’m happy

\_\_\_\_ When my friends are using

\_\_\_\_ When I am on vacation

\_\_\_\_ When I am bored