

MAINTENANCE PLAN WORKSHEET

1. Actual High-Risk Situation (provide information on who, what, where, when)

2. Category: Check the category(ies) that best describes your trigger.

- Harmful or unproductive thoughts that lead to negative emotional states such as anger, depression, anxiety, etc.
- Negative physical states such as aches and pains, tiredness, lack of concentration, etc.
- Urges, cravings, and withdrawal symptoms
- Social or positive events including a celebration, party, or when excited
- Interpersonal problems such as conflict, provocation, pressure from others
- Life stressors such as a financial crisis, loss, etc.

3. Past success strategy(ies) (What I have done in the past 24hours)

4. My goal to deal with the high-risk situation.
