

OK, so you've managed to cut down or quit using... but what next? Firstly, CONGRATULATIONS! It's hard to make changes and it takes a lot of guts to give it a go, so be proud of yourself. The main thing now is to keep it going. It helps to have a plan for any times you might find yourself in a tricky situation and feel triggered to use again.

## UNDERSTANDING YOUR TRIGGERS

Having an urge or craving to use is normal. Urges can be triggered in a variety of ways, such as going to a party, memories from the past, seeing an old friend, or wanting to let loose on a Friday night. Urges can last a few minutes to a few hours, but they get easier to deal with over time. Everyone has their own individual triggers so it's important to identify times when you might feel the urge to use and times when you're less likely to be triggered.

### TIMES WHEN I'M NOT LIKELY TO USE

PLACES

PEOPLE

TIMES OR DAYS

ACTIVITIES

# UNDERSTANDING YOUR TRIGGERS

It helps to identify the things that might get in the way of your goal to slow down or give up.

PLACES

PEOPLE

TIMES OR DAYS

ACTIVITIES

THOUGHTS / FEELINGS

WHAT ARE YOUR WORRIES?



So if you're faced with a trigger, what do you intend to do?

## HERE ARE SOME TIPS!!



**It can help to remind yourself why you changed your use in the first place – the reasons are probably just as relevant now as they were then.**



**Think of what helped you with cravings in the past or what things helped for other people you know – chances are whatever worked then will help you now, too.**



**Have a plan for these questions:**

Will you still be mixing with people who use alcohol or drugs? How will you handle this?

Will you still go to places where you used to use or score? What is your plan for this?

What have you told people about your decision to change your use?

THE REASONS WHY I'M  
MAKING THIS CHANGE

PEOPLE WHO COULD HELP  
ME AND WHAT THEY COULD  
DO

## DEALING WITH TRIGGERS

It's a good idea to explore the things you can do to cope if you're feeling cravings to use. Think about all the things you have learnt that might help yourself get through the tough times.

### THINGS I CAN TELL MYSELF

### WAYS OF DISTRACTING MYSELF

### WAYS OF RELAXING MYSELF



## 5 THINGS I LOVE DOING APART FROM USING



IF I ACHIEVE MY GOALS, I WILL REWARD MYSELF BY



## WHAT NEXT?

This journey might take time and effort but remember to take the opportunities to enjoy your new lifestyle. Watch those risk times. Relax. Pay your bills on time. Have a laugh. Get to know people who you feel good with. Get to know yourself again.

If you find your use creeps back up again, you might want to go see a counsellor. But keep on trying, you're worth the effort.

## WHOOPS! SO YOU HAD A SET BACK



Don't worry! It's not the end of the world. Lots of people have a few slip-ups on their way to cutting down or quitting for good.



Don't beat yourself up! It's normal and feeling bad about yourself just gives you more reasons to want to keep using and forget your problems.



Don't give up! It just means you might need to change your plan of attack. The quicker you pick yourself up and try again, the easier it will be.

ASK YOURSELF WHAT  
WORKED WELL?

WHAT WOULD YOU DO  
DIFFERENTLY NEXT TIME  
YOU ARE IN A SITUATION LIKE  
THIS?