Coping Plan

Coping Ideas Instead of Alcohol, Tobacco, and Substances

Instead of using alcohol, tobacco, or substances, it can be helpful to think of different ways to manage these difficult emotions. In the space below, brainstorm other activities or strategies you can use to help cope with strong emotions. See the "Managing Substance Use" section of the website for examples.

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Managing Certain Situations

In addition to finding other ways to manage difficult emotions, many survivors find it helpful to think of "tempting situations," or situations that they previously used or are more likely to use, and temporarily avoid these situations while they are trying to cut down. In the space below, brainstorm situations that you may temporarily want to avoid while working on cutting down. See the "Managing Substance Use" section of the website for examples.