My Urge Plan

> *"Every habit and faculty is maintained and increased by the corresponding actions."*
>
> Epictetus, Discourses 2.18 (tr. Long)

Fill this in on a good day, not a bad one. The Stoics rehearsed difficulties in advance so that they would not be met unprepared. An urge is much easier to handle when the next five steps are already written down.

My warning signs

Thoughts, feelings, times, places, people.

My highest-risk moments

e.g. Friday after work, after calls with family.

When the urge arrives, I will

1. Name it: *"This is an urge. It is not an order."*
2. Start a 15-minute timer and stay where there is no alcohol.
3.
4.
5.

People I can contact

NAME	NUMBER

Things that fill 15 minutes

A walk, a shower, food, a call, a task with my hands.

Why I am doing this

Three reasons, in my own words. Specific beats noble.

If I slip, I will

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