

Planning Ahead – Observe and Orient

Look into the future and I see numerous people, places, things, and events (PPTE), that may urge me to use. If I plan ahead by identifying and preparing for those triggers and urges in advance, I will be much better prepared to handle those situations without using.

Today's Date:	
Next Review Date:	

Write down (one per line) all of the people, places, things, and events, that will present you with triggers that might bring on the urge to use. Classify the type of each. Complete the PPTE and types first for all ten things. Then rank (order) them according to their level of severity, risk of using, or importance to you.

People, Place, Thing, Event	Type	Rank

Now, starting with the most important, complete a DENTS tool for each of these ten things.