



HIGH RISK WINDOW MAP TOOL

THE RULE

RELAPSE DOESN'T HAPPEN RANDOMLY. IT FOLLOWS PATTERNS.

STEP 1: IDENTIFY YOUR DANGER TIMES

Think about the last few times you slipped or felt close.

When did it usually happen?

LATE AT NIGHT

EARLY MORNING

AFTER WORK

WHEN ALONE

AFTER SCROLLING

AFTER DRINKING

OTHER TIMES:

STEP 2: MAP YOUR WEEK

Mark the times you feel most vulnerable.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

STEP 3: SPOT THE PATTERN

WHAT TIME OF DAY SHOWS UP MOST?

WHAT SITUATION SHOWS UP MOST?
(alone, bored, stressed, tired)

STEP 4: PLAN A REPLACEMENT

For your highest risk window, decide what you will do instead.

HIGH RISK TIME:

REPLACEMENT ACTION: