



# WEEKLY GUARDRAIL PLANNER

## THE RULE

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STRUCTURE BEATS WILLPOWER.

## STEP 1: IDENTIFY YOUR RISK WINDOWS

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When are you most likely to slip this week?

HIGH-RISK DAY(S):

HIGH-RISK TIME(S):

COMMON TRIGGER (bored, stressed, alone, tired):

## STEP 2: ADD FRICTION

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What will you put in place to make relapse harder?

- PHONE STAYS OUTSIDE BEDROOM
- NO DEVICES AFTER \_\_\_\_\_ PM
- BLOCKER CHECKED AND ACTIVE
- WORK IN PUBLIC SPACES

OTHER:

## STEP 3: ADD STRUCTURE

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What will you do during your highest-risk windows instead? (Example: Gym, call someone, go for a walk, read, work session.)

DATE:

TIME:

REPLACEMENT ACTION:



## STEP 4: ACCOUNTABILITY

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*Who knows you're working on this?*

NAME:

HOW WILL YOU CHECK IN?

## STEP 5: COMMIT FOR 7 DAYS

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I COMMIT TO FOLLOWING THESE GUARDRAILS FOR THE NEXT 7 DAYS.

SIGNATURE:

DATE: