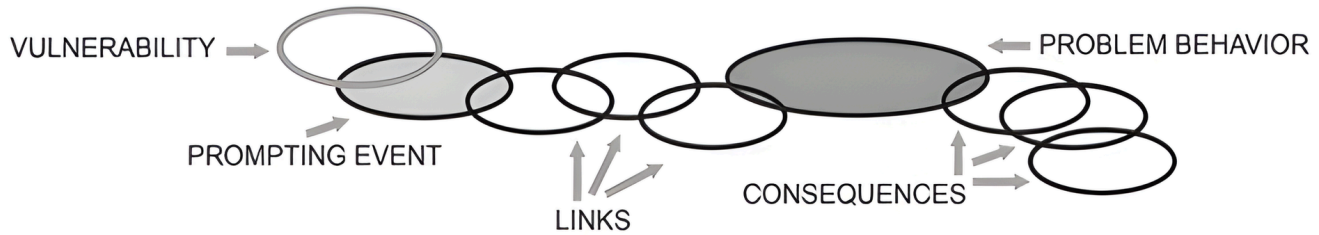


This worksheet introduces three practical tools to help you, as the patient, understand patterns, build coping skills, and prepare for challenges. By reflecting honestly and planning ahead, you can strengthen your recovery and stay on track with your goals.

Behavior Chain Analysis (BCA) – Explore What Events Led to a Behavior

Concept: Focuses on environmental triggers and contingencies.



Structure:

- **Vulnerabilities:** Factors like poor sleep or skipped medication.
- **Prompting Event:** The external trigger (drove by a liquor store, friend invited me to a bar).
- **Links:** Internal thoughts (e.g., "I deserve this") and emotions (e.g., anxiety).
- **Behavior:** The actual use episode.
- **Consequences:** Immediate relief versus delayed shame or hangovers.

Instructions: This page helps you explore what led to a drinking episode by looking at the full chain of events—before, during, and after. Think about a recent episode and fill in each section honestly.



The Event - Describe the recent drinking episode.



Vulnerabilities - What happened earlier that day? (Sleep, hunger, stress, skipped meds)



The Trigger - What was the specific external event right before the urge?



The Links - What were you thinking and feeling in that moment?



Intervention Point - Where could the link have been broken?

RAC Framework – *Identify Environmental Triggers & Create a Plan*

Concept: Is used to increase awareness of the chain of events leading to a behavior.

Structure:*

- **Reinforce:** Identifying target behaviors.
- **Anticipate:** Proactively identifying high-risk events.
- **Cue:** Using external reminders, such as phone alarms for dosing.

Instructions: This page helps you notice patterns that can lead to drinking and create strategies to support your recovery goals. It focuses on reinforcing successes, anticipating risks, and using cues to guide your choices. Fill in each section honestly and specifically. The goal is to increase awareness and make practical plans to reduce or avoid drinking and follow through on your treatment plan.



Reinforce - What is one success you had this week?



Anticipate - What high-risk situations are coming up in the next 7 days?



Cue - What external “nudge” (e.g., alarm, person, reminder) will you use to stay on track?

***Note:** You may also encounter the RAC as “Recognize, Avoid, and Cope.” Both formulations work well. Learn more about how to use “Recognize, Avoid, and Cope” in this PCSS-MAUD short video.

[<https://www.youtube.com/watch?v=IB4mrlZeE4A&t=39s>]

Safety Plan- *Create a Blueprint for What to Do in a Crisis*



Concept: A "Crisis Blueprint" used to improve treatment retention and reduce the severity of return to use/relapse.

Structure:

- **Warning Signs:** Internal cues like irritability or isolating.
- **Internal Coping:** Strategies like urge surfing or exercise.
- **Social Distractions:** Going to a movie or calling a friend who doesn't drink.
- **Professional Contacts:** Clinic numbers or warmline contacts.
- **MAUD Integration:** Specific instructions for missed doses.

Instructions: This page helps you plan ahead for moments when urges or high-risk situations arise. It's a practical guide to manage cravings, prevent return to use/relapse, and stay on track with treatment and recovery. Fill in each section honestly and in detail. This plan is meant to give you concrete tools to use before, during, and after high-risk moments.



Warning Signs - *How do I know I am starting to struggle?*



Internal Coping - *What can I do by myself to ride out an urge?*



Social Distractions - *Who can I call or where can I go to get my mind off it?*



Professional Help - *Who do I contact if the urge feels unmanageable?*