

Home Practice: Personal Threats to Meeting Goals

- Think about what has made you relapse in past quit attempts to change your smoking or drinking behavior. Also think about when you get your strongest cravings to smoke or drink.
- Write **three** commonly occurring personal threats to successfully meeting your goals for smoking, then for drinking. Then write **three** real, but less common threats to meeting your goals for smoking and for drinking.
- As you write each threat, think about how you could prepare to avoid or cope with the threat.

Commonly occurring threats to **smoking** abstinence: (e.g., ones that occur daily or weekly)

1. _____
2. _____
3. _____

Commonly occurring threats to **drinking** abstinence: (e.g., ones that occur daily or weekly)

1. _____
2. _____
3. _____

Infrequently occurring threats to **smoking** abstinence: (e.g., ones that occur monthly or a few times per year)

1. _____
2. _____
3. _____

Infrequently occurring threats to **drinking** abstinence: (e.g., ones that occur monthly or a few times per year)

1. _____
2. _____
3. _____