Attention without Trigger Exposure - Shared Pattern Map

You may write, draw, think quietly, use fiction, observe, or pass. Share only what you choose. This educational activity is not a test.

Fictional example: The example is the urge to check a phone during a task.

1. What is known in the fictional example, and what needs checking?

2. Practice observing a neutral everyday urge and compare how attention shifts without introducing drug cues. My notes, drawing, or possible response:

3. What can be learned without rehearsing substance use?

4. One optional next step, support, or reason to revise the idea:

You can pause or stop. Ask your facilitator for an alternative if this does not fit. No identifying information belongs in shared copies. Independent clinical review pending.