

Changing a High Risk Routine

Addiction and recovery | Adults | 10 to 15 minutes

Redesign one predictable routine to make a safer recovery choice easier.

Some difficult moments follow a familiar pattern. Choose one routine you want to change, such as the trip home after work or an unstructured evening. Focus on the surroundings and available choices instead of relying only on willpower.

Find the decision points

Describe the routine in three parts: what starts it, what happens next, and where the risk increases. Look for one point you can change before the urge becomes intense. Examples include arranging a ride, carrying a meal, scheduling a call, or taking a different route.

Make the alternative practical

Plan for cost, transportation, fatigue, privacy, and competing responsibilities. Prepare one item or contact in advance. Test the new routine once and notice what helped. If it was difficult, adjust the plan; the result is useful information about what support is missing.

The routine and its three main steps are

The earliest decision point I can change is

My alternative route or activity and what I must prepare are

After trying it, I noticed; next time I will adjust