

Playing it Through Practice Cards

You're having a really bad day, nothing seems to be going right, and picking up just once will make everything seem okay.

Play it through...

You've been accused of using. Though the accusation is false, you figure if you're being accused of something anyway, you might as well just do it.

Play it through...

Your recovery has been going well. You figure one celebratory use won't kill you; you'll pick back up right where you left off.

Play it through...

You're cleaning out your closet and find paraphernalia you forgot you had hidden with residue still coating the outside.

Play it through...

You wake up from a vivid dream of using and feel excited with a strong urge to use.

Play it through...

Things are going well and life is looking up. The sun is shining, and you're at a pool with a swim up bar. People are drinking and look like they're having a good time. You want to join them.

Play it through...

You're at a work party where alcohol is served. A co-worker/boss comes to you with an extra drink in their hand a huge smile.

Play it through...

You just received some unfavorable news about a family member or friend that has passed away and feel a sudden urge to use.

Play it through...

You want to deceive a friend/family member because you're worried about their response.

Play it through...

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You recently wanted to take a relationship to the next level, but the other person prefers it remain casual and is open to seeing other people. You like this person, so you decide to stay and hope for the best.

Play it through...

You want to skip work for the day to hang out with an old friend. Your boss will probably never find out.

Play it through...

You have an important assignment due the tomorrow and decided to watch TV because you can do it in the morning.

Play it through...

Someone spills a soda on you as they're walking by during a movie and says it's your fault for not moving. You want to hit them.

Play it through...

The opportunity arises for you to take credit for someone else's work. Though they may never find out, you think the recognition could help advance your position in the company.

Play it through...

You hear that a friend that you know secretes about has been talking badly behind your back. Your first thought is to get even.

Play it through...

You're feeling depressed, and, even though you just ate, you find yourself staring into the pantry at a family-sized bag of chips.

Play it through...

You're in an escalating disagreement with a partner. You're sure the next statement will both prove your point correct and escalate the situation to a full-blown fight.

Play it through...

You find a wallet with a driver's license, credit cards, and cash inside. You could really use the money, but you know sometimes people pay finder's fees.

Play it through...