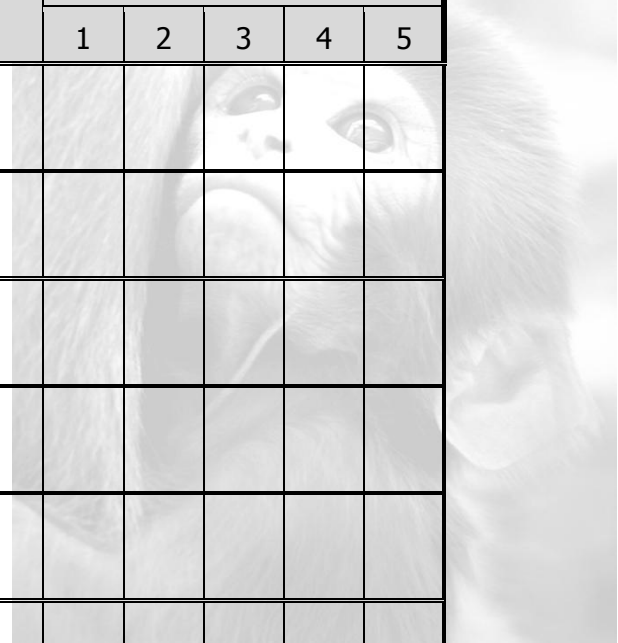


## LIFESTYLE RECORD – FAMILY/RELATIONSHIPS/FRIENDS

List important people in your life including friends partners & family members	Of each person listed are they able to support your recovery (Y) Yes (N) No, Not sure (NS)	If (N) & (NS) identify reasons why (if known)	If (Y) Identify the reasons why	Identify the Risk of this person being in your life (1) being supportive (5) being a high risk				
				1	2	3	4	5





**LIFESTYLE RECORD –  
ENVIRONMENT/SOCIALIZING**

List all particular events or environments in your life. E.g. The pub, night clubs, your home, your friends house etc	Are they environments that trigger urges? (T) – Triggers (DNT) – Does not trigger	If (T) identify reasons why	If (DNT) Identify the reasons why they are NOT a trigger	Identify the Risk of this situation (1) being no risk (5) being the highest				
				1	2	3	4	5

