

**S**

**State the problem**

**M**

**Make a goal**

**A**

**Actions you could take**

**Make a list of possible actions**

**R**

**Reach a decision**

**T**

**Try it and review it**

**street  
smart**

**GET**

**street**

**smart**

**street**  
**smart**

**Triggers**



**Use**



**Cravings**



**Thoughts**



# WAYS OF COPING

-  **Stand Your Ground**
-  **Control Yourself**
-  **Seek Support**
-  **Solve the Problem**
-  **Correct Yourself**
-  **Keep Your Distance**
-  **Escape the Scene**
-  **Give It A Different Meaning**

# FEELING THERMOMETER

