SMART Recovery
Life beyond addiction

Lifestyle Record – Environment/socializing

List all particular events or environments in your life. e.g. The bar, 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