

Signalling plan

Phase Green

Characteristics	Actions
<p><i>What do I notice? What do I do/feel/think?</i></p> <p><i>What does someone else notice?</i></p>	<p><i>What can I do to stay in this phase?</i></p> <p><i>What can someone else do to keep me here?</i></p>

Use words such as sober, low craving, energetic, social, well-structured day.

Phase Orange

Characteristics	Actions
<p><i>What do I notice? What do I do/feel/think?</i></p> <p><i>What does someone else notice?</i></p>	<p><i>What can I do to stay in this phase or to get back to phase green?</i></p> <p><i>What can someone else do to help me?</i></p>

Possible words: less energy, craving, reluctance, irritable.

Phase Red

Characteristics	Actions
<p><i>What do I notice? What do I do/feel/think?</i></p> <p><i>What does someone else notice?</i></p>	<p><i>What can I do to get out of the relapse?</i></p> <p><i>What can someone else do to help me?</i></p>

Possible words: (daily) relapse, everything working against you, no structure in the day, lying, sadness, fear.