Avoiding Relapse

If I were about to relapse, here is a likely situation I might be in:
Where:
When:
With whom:
Doing what:
Thinking what:
Feeling what:
What coping strategies could I use to avoid this relapse?
Action Strategies:
1)
2)
3)
Thinking Strategies:
1)
2)
3)
Feeling Strategies:
1)
2)
3)

Source: Nina Littman-Sharp, Problem Gambling Service, Centre for Addiction and Mental **Health**