

**Overview:  
When the Crisis Is Addiction**

Skills for backing down from addiction.  
You can remember them as D, C, B, A.

**D**

**DIALECTICAL ABSTINENCE**

**C**

**CLEAR MIND**

**COMMUNITY REINFORCEMENT**

**B**

**BURNING BRIDGES  
AND BUILDING NEW ONES**

**A**

**ALTERNATE REBELLION**

**ADAPTIVE DENIAL**