

Self-Assessment: Identifying Your Triggers

Strong Uncomfortable Emotions

- Sadness
- Anger
- Loneliness
- Frustration
- Anxiety
- Boredom

Urges or Cravings

- Thinking about alcohol or drugs
- Seeing alcohol or drugs
- Being with others who are drinking or using drugs
- Being offered or pressured to drink or use drugs
- Wanting to test my ability to control my use

Positive Situations

- To make a good time feel even better
- To enjoy a special event more
- To enjoy being with friends
- While relaxing
- To reward myself

Situations That Increase Risk

- Getting paid (having money)
- Being in a certain neighbourhood
- After work or an appointment
- At the end of the day
- On weekends
- On days I don't go to work/therapy
- Seeing or using paraphernalia
- Seeing friends or associates who use
- Intimate relationships (dates)

Physical Discomfort

- Pain
- Withdrawal symptoms
- Fatigue

■ Illness or nausea

Relationship Problems

■ With my parents

■ With my loved ones

■ With my neighbourhood/community

■ With my coworkers

Other situations:
