

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Managing Cross Addiction

What's your trigger?

\_\_\_\_\_

Describe what happened before you relapsed.

What did you do to try to avoid relapse?

What in your environment made relapse more likely?

What feelings, thoughts, and actions made relapse more likely?

How can you deal with external triggers differently in the future?

How can you deal with internal triggers differently in the future?