| Name : | Date : | |
|--------|--------|--|
| | | |

SUBSTANCE ABUSE ACTIVITIES

Instructions:

- 1. Complete each section of the worksheet, focusing on various activities and exercises to support your recovery.
- 2. Reflect on your answers and discuss them with the group or your support network

TRIGGER IDENTIFICATION AND MANAGEMENT

| List three common triggers for your substance use : | |
|---|--|
| | |
| | |
| | |
| | |
| | |

Write down healthy coping strategies for each trigger :