

Name :

Date :

SUBSTANCE ABUSE TRIGGERS

Identify your triggers and reflect on how they influence your behavior

What situations make you want to use substances?

What emotions often lead to substance use?

Are there certain people who influence your substance use?

What places make you feel tempted to use substances?

What thoughts make it difficult to resist substances?

What physical sensations do you notice when craving substances?

What coping skills can help you manage cravings?