

Name: _____ Date: _____

Substance Abuse Addiction

Fill this worksheet.

Describe the problem your triggers are causing or contributing to.

If you are exposed to your triggers, what is the worst case scenerio?

Triggers can be just about anything. Think about each category below. Are there specific thoughts that act as a trigger for you? Perhaps a specific person or a specific place? List out your responses below.

Activities or Situations

Emotional States

People

Places

Things

Thoughts

(Additional Category)

(Additional Category)

(Additional Category)