

Date:	
DRINKING TRIGGERS WORKSHEET	
1 What was the trigger?	
2 How were you feeling just before you felt like drinking or drugging?	
3 What were you telling yourself just before you started to drink or drug? (Look for additional, hidden thoughts.)	
4 What did you do?	
5 Which thoughts led to which addictive feelings and behaviors?	
6 What was the chain of thoughts, feelings, and actions?	
7 What could you have told yourself?	
8 What could you have done?	
9 What emotions could you have pushed yourself to feel?	
10 How do you feel now about what happened?	