

	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?	