

Identifying relapse triggers is important, because it is the first step in planning how you will deal and cope with the triggers without returning to the problem behavior.

**Please list at least 10 triggers that you can identify**—10 things that you can observe, sense, or experience that you think could trigger a craving or that could increase your risk of relapse. One way to determine this is to identify what was happening around you in the past when you engaged in the problem behavior. Remember to consider people, places, things, and life events that could increase your risk. Be specific. For example, instead of just writing something like "People I used to use with," add their names in parentheses.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_
- 8) \_\_\_\_\_
- 9) \_\_\_\_\_
- 10) \_\_\_\_\_

**Can you think of any others that you'd like to add? If so, use the spaces below:**

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