

# Substance Abuse Triggers Worksheet

Name:

Date:

## Step 1: Identify Triggers

**Triggers:** Put a checkmark on the things or situations that make you want to use substances.

- Stress
- Social gatherings with alcohol
- Loneliness
- Family conflicts
- Peer pressure
- Boredom
- Emotional pain
- Other (Specify): \_\_\_\_\_

## Step 2: Thoughts and Feelings

**Trigger:** Choose one from Step 1.

Thoughts: Pick the thought that comes to your mind when faced with this trigger.

- "I can't handle this."
- "I need a drink to relax."
- "No one cares about me."
- "It won't hurt this once."
- "Everyone else is doing it."
- "I'm so bored."
- "Life is too painful."
- Other (Specify): \_\_\_\_\_

Feelings: Select the emotion you feel when this happens.

- Anxious
- Stressed
- Lonely

- Angry
- Peer pressure
- Bored
- Sad
- Other (Specify): \_\_\_\_\_

### **Step 3: Change Negative Thoughts**

**Negative Thought: Choose one from Step 2.**

Questions to Challenge Negative Thought:

- Is this thought true?
- Have I handled this situation without substances before?
- Can I see it differently?

Revised, Positive Thought:

- "I can handle this."
- "I can relax without substances."
- "People care about me."
- "I can cope without it."
- "I make my own choices."
- "I can find something to do."
- "I can heal from pain."
- Other (Specify): \_\_\_\_\_

### **Step 4: Coping Strategies**

**Trigger: Choose one from Step 1.**

Choose a Coping Strategy:

- Deep breathing
- Relaxation exercises
- Physical activities
- Talk to a friend or support group
- Problem-solving
- Other (Specify): \_\_\_\_\_

## Step 5: Action Plan

Coping Strategy: Choose one from Step 4.

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When: When will you use this strategy?

- When I'm stressed
- When I'm at a party with alcohol
- When I feel lonely
- When there's family conflict
- When I'm under peer pressure
- When I'm bored
- When I'm emotionally hurting
- Other (Specify): \_\_\_\_\_

Where: Where can you use this strategy?

- At home
- At a friend's place
- At work
- At social gatherings
- In public places
- In private
- Other (Specify): \_\_\_\_\_

Tips to use this strategy effectively:

1. Take deep breaths for 5 minutes
2. Practice relaxation exercises before the event
3. Engage in physical activities when triggered
4. Reach out to a friend or support group immediately
5. Think of a solution to the problem

**Notes:**