

## Developing Control: Discovering Triggers

### Discovering Triggers of Your Alcohol and Other drugs Use

1. List the places where you are **most likely** to use alcohol and other drugs:

2. List the people with whom you are **most likely** to use alcohol and other drugs:

3. List and times or days when you are **more likely** to use alcohol and other drugs:

4. List any activities that make it more likely that you will use alcohol and other drugs:

5. Do you think that you use alcohol and other drugs when you are feeling certain ways? Read through the following list and mark the ones that are relevant to you. For those you have marked, list specific examples from your own experience.

- a. At the end of (or during) a tense day
- b. When faced with something you fear or are anxious about
- c. When you've failed to accomplish something you'd planned
- d. When you feel you have been taken advantage of
- e. When you are bored
- f. When you are in a social situation
- g. When you feel bad about yourself
- h. When you are depressed
- i. When you want to feel energized or high
- j. When you are faced with a tough problem
- K. When you want to be friendly
- l. When you wish your personality was different
- m.others not listed here

6. List the places where you are **unlikely** to use alcohol and other drugs:

7. List the people with whom you are **unlikely** to use alcohol and other drugs:

8. List the times or days when you are **unlikely** to use alcohol and other drugs:

9. List the activities you engage in when you are **unlikely** to use alcohol and other drugs:

Adapted from: Budney, A. and Higgins, S. (1998). *A Community Reinforcement Plus Vouchers Approach: Treating Alcohol and other drugs Addiction*. NIDA. Page 60. This form was originally adapted from Miller and Munoz 1982