

# Substance Use Triggers Worksheet

## Identifying Triggers

Triggers can be emotional, situational, social, or related to withdrawal symptoms. Think about the times you have felt the urge to use substances and what was happening around you or within you.

### 1. Emotional Triggers:

- Identify emotions that have led to substance use in the past (e.g., sadness, stress, anger, loneliness).

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- Note specific situations or environments that have increased your urge to use (e.g., parties, after work, certain neighborhoods).

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### 3. Social Triggers:

- List people or social settings that trigger cravings (e.g., certain friends, social gatherings).

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#### **4. Withdrawal-Related Triggers:**

- Identify symptoms or feelings of withdrawal that have made you want to use again (e.g., anxiety, insomnia).

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#### **Coping Strategies**

For each type of trigger identified above, brainstorm coping strategies or healthier alternatives to substance use.

##### **1. Emotional Triggers Coping Strategies:**

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##### **2. Situational Triggers Coping Strategies:**

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##### **3. Social Triggers Coping Strategies:**

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#### 4. Withdrawal-Related Triggers Coping Strategies:

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The following are some coping strategies you may find helpful:

- Journaling:** Write about your feelings and experiences to process emotions.
- Deep Breathing Exercises:** Use deep breathing to calm the nervous system during moments of high stress or cravings.
- Positive Affirmations:** Repeat positive statements to build self-esteem and counteract negative self-talk.
- Gratitude Practice:** Focus on the positive aspects of your life and recovery to enhance well-being.
- Attend Support Groups:** Engage with groups like AA or NA for community support.
- Build a Sober Network:** Surround yourself with supportive, sober individuals.
- Communicate Needs:** Learn to express your needs and boundaries to friends and family.
- Participate in Social Activities:** Join clubs or groups that align with your interests, avoiding substance-related settings.
- Volunteer:** Give back to the community to foster a sense of purpose and connection.
- Avoid High-Risk Situations:** Stay away from places, people, and events associated with substance use.
- Change Routines:** Alter your daily routines to avoid situations where you used to use substances.

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- **Develop New Hobbies:** Take up activities that provide fulfillment and joy.
- **Exercise Regularly:** Use physical activity as a way to reduce stress and improve mood.
- **Distraction Techniques:** Engage in activities that distract from withdrawal symptoms.