

RELAPSE PREVENTION: TRIGGER HOMEWORK SHEET

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?*