

## 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?*