

EXERCISE: IDENTIFY AND RATE YOUR TRIGGERS

Objective: This exercise aims to help you identify and rate triggers in terms of risk to your recovery.

List Your Triggers: Write down situations, people, places, emotions, or thoughts that might trigger the desire to drink.

Prompting Questions to Identify Triggers

- What places make you feel the urge to engage in addictive behaviors?
- Are there specific times of day or week when you feel more vulnerable?
- Which emotions (like stress, sadness, or anger) tend to precede cravings?
- Are there certain people or social situations that increase your risk of relapse?
- What thoughts or memories lead to feelings of craving or urges?
- Do any physical sensations or states (like tiredness or hunger) trigger you?

Rate the Risk: Assign a risk rating from 1 to 10 to each trigger, with 10 being the highest. Consider how likely each trigger is to lead to urges and cravings.

Trigger	Risk from 1 to 10
1. FOR EXAMPLE: BEING IN THE COMPANY OF CERTAIN FRIENDS OR ACQUAINTANCES WHO STILL ENGAGE IN SUBSTANCE USE.	9
2. FEELING STRONG EMOTIONS LIKE SADNESS, LONELINESS, OR EVEN EXTREME HAPPINESS AND CELEBRATION.	8
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12.	

EXERCISE: IDENTIFY AND RATE YOUR TRIGGERS (CONTINUED)

Trigger	Risk from 1 to 10
13.	
14.	
15.	
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18.	
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23.	
24.	
25.	

I KNOW THAT I INCLUDED SPACE TO WRITE DOWN A LOT OF TRIGGERS. MAYBE YOU HAVE THAT MANY, AND PERHAPS YOU DON'T.

WHAT I KNOW IS THAT TRIGGERS LEAD TO CRAVINGS, WHICH LEAD TO URGES, WHICH LEAD TO RELAPSE. SO, I ENCOURAGE YOU TO REALLY THINK ABOUT WHAT TRIGGERS YOU AND BE VERY GRANULAR AND SPECIFIC.

“THOUGH NO ONE CAN GO BACK AND MAKE A BRAND NEW START, ANYONE CAN START FROM NOW AND MAKE A BRAND NEW ENDING.” — CARL BARD.