

Identifying Addiction Triggers & How to Deal with Them

If you have a problem with alcohol, drugs, gambling, or some other addiction, you're probably aware of the triggers that arouse your addictive behavior. But you may not have thought about all of the triggers that influence you or how to overcome them.

Addiction triggers can be either internal or external. Emotional states and the thoughts that go with them are your internal triggers, particularly emotions that make you upset or stressed. External triggers can include people, places, situations, or even certain objects.

This worksheet is designed to help you identify your addiction triggers and think of positive ways to deal with each trigger. You are also asked to rate the "force" of each trigger on a 1 to 7 scale, with 1=not very likely to trigger addictive behavior and 7=extremely likely to trigger addictive behavior.

Positive ways to respond to triggers could include: talking to someone about your feelings, attending a support group or meeting, or using various psychological techniques to deal with triggers. Psychological techniques could include relaxation techniques, thought-changing techniques, mindfulness, or various behavioral techniques. Support from a professional counselor can help you identify the best ways to deal with each trigger.

Identifying Triggers

Trigger	Rating	Positive Response Behavior
Emotions		
Depressions		
Loneliness		
Happiness		
Excitement		
Feelings of stress		
Jealousy		
Anxiety		
Boredom		
Irritability		
Anger		
Frustration		
Guilt or shame		
Low Energy		
Withdrawal symptoms		
Other emotions		
People		
Friends		
Spouse or significant other		
Family member		
Coworker		
Other people:		
Places		
Bars or clubs		
Home of friends		
Concerts		
Work or school		
Street or parks		
Other places:		
Situations or Activities		
Parties		

Holidays		
Home alone		
Dining out		
Before or after a date		
Waking up in the morning		
Going to bed		
After work or school		
Other situations or activities:		
Objects		
Bottles of alcohol or drugs		
Paraphernalia related to addiction		
Food		
Other things:		