

### CRAVING TRIGGERS

To the best of your ability identify as many cues or triggers for your alcohol or drug use—write things down even if you are not sure if they are a trigger for you. You will sort out the important and really potent triggers later; for this exercise, just identify any many elements that may influence your thinking or behavior in regard to your drinking or using.

<b>PEOPLE</b>	<b>PLACES</b>	<b>TIME/EVENTS</b>	<b>FEELINGS/MOODS</b>	<b>THINGS</b> (see, taste, touch, hear, smell)	<b>OTHER</b>

## CRAVING TRIGGERS

1. What is my trigger?
2. Are there any patterns (does it follow another trigger)?
3. How do I experience the craving? (physical sensation, obsessive thought, compulsion or strong urge, a dissociation or “space out”, impulsiveness)
4. What are the tools I can use to manage this trigger?
5. What skills do I need to learn to better manage this trigger?
6. How will I reward myself for successfully managing this trigger?