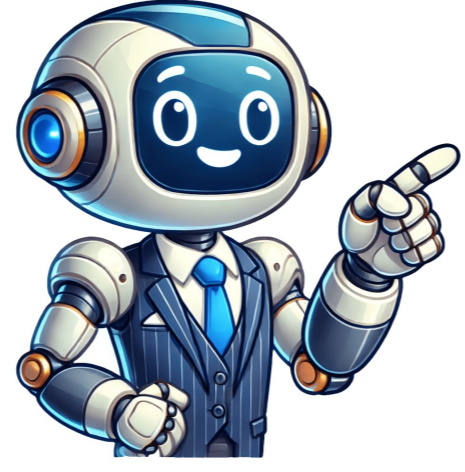


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PDF reading software is required to use fillable worksheets. This software is pre-installed on many devices. However, if it is not on your device, it can be downloaded for free. We recommend Adobe Acrobat Reader or Foxit Reader. Notice: Opening a fillable worksheet directly within an internet browser (e.g. Internet Explorer, Chrome, or Safari) may prevent work from being saved. Instead, the file should be saved to your device and opened with a PDF reader. To learn more or share these instructions, visit the Fillable Worksheet Instructions. Home Mental Health Worksheets & workbooks for Families Substance use triggers worksheetCognitive behavioural therapy (CBT) have some of the strongest empirical backings for treating drug and alcohol use disorders. The triggers are seen as a crucial component in the desired reaction displayed by addicts. The individual can relapse after a time of abstinence due to these triggers. Identifying triggers is the crucial step in the treatment. The worksheet will help clients to identify their triggers and make them understand how these triggers maintain the substance use cycle. The therapist can use this worksheet during the session to help clients in identifying their triggers. References issues { active = 'active'; \$dispatch('clicked-item', { md5: '2252c067092e010c39f58698edb7f5b', route: '' }); } @clicked-item.window=() => { if (\$event.detail.md5 !== '2252c067092e010c39f58698edb7f5b') { return; } if( active){ \$dispatch('close-mobile-menu'); setTimeout(() => window.location = ' ', 300); } } class=text-body-14 text-left w-full space-x-0.5 py-2 cursor-pointer font-medium pl-6 pr-3 :class={ 'bg-primary-50 text-primary-800 rounded-md': active, 'text-neutral-900': active === false }> Anger { active = 'active'; \$dispatch('clicked-item', { md5: '7cc9ccf10b6cc62f88e9723b04e4e753', route: '' }); } @clicked-item.window=() => { if (\$event.detail.md5 !== '7cc9ccf10b6cc62f88e9723b04e4e753') { return; } if( active){ \$dispatch('close-mobile-menu'); setTimeout(() => window.location = ' ', 300); } } class=text-body-14 text-left w-full space-x-0.5 py-2 cursor-pointer font-medium pl-6 pr-3 :class={ 'bg-primary-50 text-primary-800 rounded-md': active, 'text-neutral-900': active === false }> Anxiety { active = 'active'; \$dispatch('clicked-item', { md5: '795eba72bf80fca4b28b20cef30c15fe', route: '' }); } @clicked-item.window=() => { if (\$event.detail.md5 !== '795eba72bf80fca4b28b20cef30c15fe') { return; } if( active){ \$dispatch('close-mobile-menu'); setTimeout(() => window.location = ' ', 300); } } class=text-body-14 text-left w-full space-x-0.5 py-2 cursor-pointer font-medium pl-6 pr-3 :class={ 'bg-primary-50 text-primary-800 rounded-md': active, 'text-neutral-900': active === false }> Communication { active = 'active'; \$dispatch('clicked-item', { md5: '743d547e3bc65a3054dc8f91a8ab194b', route: '' }); } @clicked-item.window=() => { if (\$event.detail.md5 !== '743d547e3bc65a3054dc8f91a8ab194b') { return; } if( active){ \$dispatch('close-mobile-menu'); setTimeout(() => window.location = ' ', 300); } } class=text-body-14 text-left w-full space-x-0.5 py-2 cursor-pointer font-medium pl-6 pr-3 :class={ 'bg-primary-50 text-primary-800 rounded-md': active, 'text-neutral-900': active === false }> Depression More + { active = 'active'; \$dispatch('clicked-item', { md5: '3e1d9b314ae9c31b7562d23bcb02343', route: '' }); } @clicked-item.window=() => { if (\$event.detail.md5 !== '3e1d9b314ae9c31b7562d23bcb02343') { return; } if( active){ \$dispatch('close-mobile-menu'); setTimeout(() => window.location = ' ', 300); } } class=text-body-14 text-left w-full space-x-0.5 py-2 cursor-pointer font-medium pl-6 pr-3 x-show=openTopics :class={ 'bg-primary-50 text-primary-800 rounded-md': active, 'text-neutral-900': active === false }> Emotions { active = 'active'; \$dispatch('clicked-item', { md5: 'a5f41630728dd6f5d6d659cbdfa8866d', route: '' }); } @clicked-item.window=() => { if (\$event.detail.md5 !== 'a5f41630728dd6f5d6d659cbdfa8866d') { return; } if( active){ \$dispatch('close-mobile-menu'); setTimeout(() => window.location = ' ', 300); } } class=text-body-14 text-left w-full space-x-0.5 py-2 cursor-pointer font-medium pl-6 pr-3 x-show=openTopics :class={ 'bg-primary-50 text-primary-800 rounded-md': active, 'text-neutral-900': active === false }> Grief { active = 'active'; \$dispatch('clicked-item', { md5: '86c4301976c062c5a859cc6f302614a6', route: '' }); } @clicked-item.window=() => { if (\$event.detail.md5 !== '86c4301976c062c5a859cc6f302614a6') { return; } if( active){ \$dispatch('close-mobile-menu'); setTimeout(() => window.location = ' ', 300); } } class=text-body-14 text-left w-full space-x-0.5 py-2 cursor-pointer font-medium pl-6 pr-3 x-show=openTopics :class={ 'bg-primary-50 text-primary-800 rounded-md': active, 'text-neutral-900': active === false }> Relationships { active = 'active'; \$dispatch('clicked-item', { md5: 'c62410762ba5763bf295f15c7eb6a8b', route: '' }); } @clicked-item.window=() => { if (\$event.detail.md5 !== 'c62410762ba5763bf295f15c7eb6a8b') { return; } if( active){ \$dispatch('close-mobile-menu'); setTimeout(() => window.location = ' ', 300); } } class=text-body-14 text-left w-full space-x-0.5 py-2 cursor-pointer font-medium pl-6 pr-3 x-show=openTopics :class={ 'bg-primary-50 text-primary-800 rounded-md': active, 'text-neutral-900': active === false }> Self-Esteem { active = 'active'; \$dispatch('clicked-item', { md5: 'b78a0b5187c416f1b042bdf22206ffc', route: '' }); } @clicked-item.window=() => { if (\$event.detail.md5 !== 'b78a0b5187c416f1b042bdf22206ffc') { return; } if( active){ \$dispatch('close-mobile-menu'); setTimeout(() => window.location = ' ', 300); } } class=text-body-14 text-left w-full space-x-0.5 py-2 cursor-pointer font-medium pl-6 pr-3 x-show=openTopics :class={ 'bg-primary-50 text-primary-800 rounded-md': active, 'text-neutral-900': active === false }> Stress { active = 'active'; \$dispatch('clicked-item', { md5: 'f4151b6ec551bb708742e7d8593fa2bd', route: '' }); } @clicked-item.window=() => { if (\$event.detail.md5 !== 'f4151b6ec551bb708742e7d8593fa2bd') { return; } if( active){ \$dispatch('close-mobile-menu'); setTimeout(() => window.location = ' ', 300); } } class=text-body-14 text-left w-full space-x-0.5 py-2 cursor-pointer font-medium pl-6 pr-3 x-show=openTopics :class={ 'bg-primary-50 text-primary-800 rounded-md': active, 'text-neutral-900': active === false }> Substance Use treatments { active = 'active'; \$dispatch('clicked-item', { md5: 'ec29ed5e24a76a49645b9ec0812c9086', route: '' }); } @clicked-item.window=() => { if (\$event.detail.md5 !== 'ec29ed5e24a76a49645b9ec0812c9086') { return; } if( active){ \$dispatch('close-mobile-menu'); setTimeout(() => window.location = ' ', 300); } } class=text-body-14 text-left w-full space-x-0.5 py-2 cursor-pointer font-medium pl-6 pr-3 :class={ 'bg-primary-50 text-primary-800 rounded-md': active, 'text-neutral-900': active === false }> Art { active = 'active'; \$dispatch('clicked-item', { md5: 'e31d365cc315c3a703d90855ebf6a96a', route: '' }); } @clicked-item.window=() => { if (\$event.detail.md5 !== 'e31d365cc315c3a703d90855ebf6a96a') { return; } if( active){ \$dispatch('close-mobile-menu'); setTimeout(() => window.location = ' ', 300); } } class=text-body-14 text-left w-full space-x-0.5 py-2 cursor-pointer font-medium pl-6 pr-3 :class={ 'bg-primary-50 text-primary-800 rounded-md': active, 'text-neutral-900': active === false }> CBT { active = 'active'; \$dispatch('clicked-item', { md5: 'fc0d896535d8cae55752b67870bf42fa', route: '' }); } @clicked-item.window=() => { if (\$event.detail.md5 !== 'fc0d896535d8cae55752b67870bf42fa') { return; } if( active){ \$dispatch('close-mobile-menu'); setTimeout(() => window.location = ' ', 300); } } class=text-body-14 text-left w-full space-x-0.5 py-2 cursor-pointer font-medium pl-6 pr-3 :class={ 'bg-primary-50 text-primary-800 rounded-md': active, 'text-neutral-900': active === false }> DBT { active = 'active'; \$dispatch('clicked-item', { md5: '5236a67eae9e2c3e71048e47ac3337', route: '' }); } @clicked-item.window=() => { if (\$event.detail.md5 !== '5236a67eae9e2c3e71048e47ac3337') { return; } if( active){ \$dispatch('close-mobile-menu'); setTimeout(() => window.location = ' ', 300); } } class=text-body-14 text-left w-full space-x-0.5 py-2 cursor-pointer font-medium pl-6 pr-3 :class={ 'bg-primary-50 text-primary-800 rounded-md': active, 'text-neutral-900': active === false }> Education More + { active = 'active'; \$dispatch('clicked-item', { md5: '1660603c8e7f544d6888ee15b83ee7c', route: '' }); } @clicked-item.window=() => { if (\$event.detail.md5 !== '1660603c8e7f544d6888ee15b83ee7c') { return; } if( active){ \$dispatch('close-mobile-menu'); setTimeout(() => window.location = ' ', 300); } } class=text-body-14 text-left w-full space-x-0.5 py-2 cursor-pointer font-medium pl-6 pr-3 x-show=openTopics :class={ 'bg-primary-50 text-primary-800 rounded-md': active, 'text-neutral-900': active === false }> Goals { active = 'active'; \$dispatch('clicked-item', { md5: '2fbd64517c16f27e1720a032e5c36f8d', route: '' }); } @clicked-item.window=() => { if (\$event.detail.md5 !== '2fbd64517c16f27e1720a032e5c36f8d') { return; } if( active){ \$dispatch('close-mobile-menu'); setTimeout(() => window.location = ' ', 300); } } class=text-body-14 text-left w-full space-x-0.5 py-2 cursor-pointer font-medium pl-6 pr-3 x-show=openTopics :class={ 'bg-primary-50 text-primary-800 rounded-md': active, 'text-neutral-900': active === false }> Parenting and Behavior { active = 'active'; \$dispatch('clicked-item', { md5: 'aac97e3798dd08318b2a443b33f1946', route: '' }); } @clicked-item.window=() => { if (\$event.detail.md5 !== 'aac97e3798dd08318b2a443b33f1946') { return; } if( active){ \$dispatch('close-mobile-menu'); setTimeout(() => window.location = ' ', 300); } } class=text-body-14 text-left w-full space-x-0.5 py-2 cursor-pointer font-medium pl-6 pr-3 x-show=openTopics :class={ 'bg-primary-50 text-primary-800 rounded-md': active, 'text-neutral-900': active === false }> Positive Psychology { active = 'active'; \$dispatch('clicked-item', { md5: 'a9bac86fc43ef36c4259fd46522ae29', route: '' }); } @clicked-item.window=() => { if (\$event.detail.md5 !== 'a9bac86fc43ef36c4259fd46522ae29') { return; } if( active){ \$dispatch('close-mobile-menu'); setTimeout(() => window.location = ' ', 300); } } class=text-body-14 text-left w-full space-x-0.5 py-2 cursor-pointer font-medium pl-6 pr-3 x-show=openTopics :class={ 'bg-primary-50 text-primary-800 rounded-md': active, 'text-neutral-900': active === false }> Relaxation { active = 'active'; \$dispatch('clicked-item', { md5: 'b5895a21df37131e72554e11a67b0754', route: '' }); } @clicked-item.window=() => { if (\$event.detail.md5 !== 'b5895a21df37131e72554e11a67b0754') { return; } if( active){ \$dispatch('close-mobile-menu'); setTimeout(() => window.location = ' ', 300); } } class=text-body-14 text-left w-full space-x-0.5 py-2 cursor-pointer font-medium pl-6 pr-3 x-show=openTopics :class={ 'bg-primary-50 text-primary-800 rounded-md': active, 'text-neutral-900': active === false }> Values This worksheet is designed for those looking to understand and address substance abuse issues. Its a practical tool that aids in exploring the causes of substance use, understanding its impact, and developing strategies for recovery and management. Several psychological theories underpin this worksheet. Cognitive-behavioral therapy (CBT) focuses on understanding the relationship between thoughts, feelings, and behaviors, and how they influence substance abuse. Motivational Interviewing enhances an individuals motivation to change those behaviors that lead to substance use. Relapse Prevention theory provides strategies to maintain new healthy behaviors and avoid relapse. This worksheet assists in identifying triggers and patterns of substance use. Developing coping strategies to manage cravings and avoid relapse. Enhancing motivation and commitment to a sober lifestyle. Use this worksheet in a quiet, uninterrupted setting. Be honest with your responses. Its not about right or wrong answers but understanding your unique challenges and needs. You might find it helpful to revisit the worksheet periodically to track your progress or discuss it during therapy sessions.

**Triggers substance use worksheet. Triggers worksheet for substance abuse. Identifying triggers substance abuse worksheet.**