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?