

TRIGGERS, CONSEQUENCES AND ALTERNATIVES EXERCISE

Triggers	Use/Craving Drug?/How much?/ How often?	Consequences Positive	Negative	Alternatives
feelings: physical/mood				
thoughts/activities/ situations				
friends and family				
school/work				
mental health				
therapy/medication				
legal				

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PROMPTS FOR EXERCISES

Below are common triggers and consequences for use. Which ones apply to you?

Feelings	Physical	Thoughts	Mental health	Situations
<input type="radio"/> frustrated	<input type="radio"/> tired	<input type="radio"/> I'm no good	<input type="radio"/> voices	<input type="radio"/> with friends
<input type="radio"/> relaxed	<input type="radio"/> awake	<input type="radio"/> No one likes me	<input type="radio"/> confused	<input type="radio"/> alone
<input type="radio"/> confused	<input type="radio"/> sleepy	<input type="radio"/> I'm...	<input type="radio"/> paranoid	<input type="radio"/> party
<input type="radio"/> clear	<input type="radio"/> alert	<input type="radio"/> They're...	<input type="radio"/> anxious	<input type="radio"/> celebration
<input type="radio"/> angry	<input type="radio"/> hurt	<input type="radio"/> waste of time	<input type="radio"/> depressed	<input type="radio"/> camping
<input type="radio"/> content	<input type="radio"/> well	<input type="radio"/> What's the use?	<input type="radio"/> manic	<input type="radio"/> having fun
<input type="radio"/> anxious	<input type="radio"/> hungry	<input type="radio"/> I want to feel...	<input type="radio"/> binge eating	<input type="radio"/> taking risks
<input type="radio"/> calm	<input type="radio"/> full	<input type="radio"/> I can control it	<input type="radio"/> purging	<input type="radio"/> in trouble
<input type="radio"/> sad	<input type="radio"/> hungover	<input type="radio"/> I don't fit in	<input type="radio"/> not eating	<input type="radio"/> at school
<input type="radio"/> happy	<input type="radio"/> healthy	<input type="radio"/> Things are great	<input type="radio"/> flashbacks	<input type="radio"/> after school
<input type="radio"/> scared	<input type="radio"/> weak	<input type="radio"/> No one can touch me	<input type="radio"/> feeling calm	<input type="radio"/> at work
<input type="radio"/> excited	<input type="radio"/> strong	<input type="radio"/> I love...	<input type="radio"/> thinking clearly	<input type="radio"/> after work
<input type="radio"/> disappointed	<input type="radio"/> restless		<input type="radio"/> concentrating	<input type="radio"/> having money
<input type="radio"/> bored	<input type="radio"/> peaceful		<input type="radio"/> hyper	<input type="radio"/> weekend
<input type="radio"/> lonely	<input type="radio"/> slow		<input type="radio"/> in control	<input type="radio"/> court
<input type="radio"/> overwhelmed	<input type="radio"/> hyper		<input type="radio"/> out of control	<input type="radio"/> fight
<input type="radio"/> mellow	<input type="radio"/> horny			<input type="radio"/> sports
	<input type="radio"/> in pain			

ALTERNATIVES

Below are possible alternatives to using drugs

Avoid people or places that trigger cravings or thoughts about using.	Remember the positive things about using healthy coping skills.	Read something inspiring!
Identify and avoid high-risk situations—situations in which you'd be likely to use (e.g. bars, clubs, raves).	Remember the negative consequences of using alcohol or other substances.	Ask yourself what you are feeling. (Go through a list of your common feeling triggers—am I sad, angry, anxious, stressed?)
Take a friend, someone you trust, when going to a risky place/situation.	Remind yourself that feelings, even difficult and unpleasant ones, are normal!	Give yourself permission to feel emotions without judging them.
Leave situations that seem risky or limit how long you stay.	Distract yourself by thinking about something else.	Express your feelings (cry, smile, laugh, frown, etc.).
If you're feeling triggered, call someone for support.	Recognize when you are making negative statements about yourself (i.e., I am such a loser).	Ask for support.
Go for a walk.	Plan ahead for any risky situations or obstacles to your plan.	Talk to someone about your feelings.
Read a book, magazine or go on the Internet.	Think about your future goals and how you can achieve them.	Find ways to express your feelings creatively—play some music, draw or write a poem.
Exercise or do something physical—go for a run, bike, or skateboard.	Make a commitment to yourself to fulfil a goal and remind yourself of it.	Start keeping a journal and write about yourself.
Clean up your room, take out the garbage, do some household chores.	Remind yourself that you are in charge of whatever decisions you make.	Take time to soothe yourself.
Do volunteer work.	Tell yourself that you are doing well and don't want to interfere with the progress.	Praise yourself for the progress you have made—give yourself some credit!

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