Substance Use Triggers Worksheet

Instructions: List people, places, events, situations, objects, feelings, thoughts, memories, or times of day that trigger your cravings or urges. Rate the level of threat presented by each trigger using the scale below. Finally, list strategies for coping with each trigger that will help you avoid using.

0 ——— 1 ——— 2 ——— 3 ——— 4 ——— 5

No Threat Moderate Threat Severe Threat

Trigger (external or internal)	Level of threat (0–5)	Coping strategies
	0	
	0	
	0	
	0	
	0	
	0	
	0	

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