



## Substance Use Triggers Worksheet

List the situations and triggers where you use substances and provide the coping strategies that will help you to avoid using them.

Triggers

Coping Strategies

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List three events where you can not refuse substance:

i \_\_\_\_\_ ii \_\_\_\_\_ iii \_\_\_\_\_

List the activities where you can easily use substance: \_\_\_\_\_

\_\_\_\_\_

List people with whom you can use substance: \_\_\_\_\_

\_\_\_\_\_

Do you think that Emotions are an important trigger in substance abuse?

\_\_\_\_\_

Read the following list of emotions and mark the once, you believe triggers thought of doing substance abuse

<input type="checkbox"/> Afraid	<input type="checkbox"/> Bored	<input type="checkbox"/> Depressed	<input type="checkbox"/> Insecure
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<input type="checkbox"/> Excited	<input type="checkbox"/> Embarrassed	<input type="checkbox"/> Envious	<input type="checkbox"/> Deprived
<input type="checkbox"/> Pressured	<input type="checkbox"/> Anxious	<input type="checkbox"/> Sad	<input type="checkbox"/> Lonely
<input type="checkbox"/> Aroused	<input type="checkbox"/> Humiliated	<input type="checkbox"/> Grief	<input type="checkbox"/> Angry

**Are there other emotional states that trigger you towards substance abuse:**

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## References

[Sharkansky, E. J., Brief, D. J., Peirce, J. M., Meehan, J. C., & Mannix, L. M. \(1999\). Substance abuse patients with posttraumatic stress disorder \(PTSD\): identifying specific triggers of substance use and their associations with PTSD symptoms. \*Psychology of Addictive Behaviors\*, 13\(2\), 89.](#)

[McHugh, R. K., Hearon, B. A., & Otto, M. W. \(2010\). Cognitive behavioral therapy for substance use disorders. \*The Psychiatric clinics of North America\*, 33\(3\), 511–525. <https://doi.org/10.1016/j.psc.2010.04.012>](#)

You can download more Mental Health worksheets [here](#).

**Please note:** There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.