

# CONSIDERING & IDENTIFYING TRIGGERS

**Return to Use Trigger** - A person, place, situation, or thing that encourages drug use. *Just about anything can be a trigger.*

## When you feel the urge to use drugs...

### Environmental



- Are you at a specific place?
- Are you hanging out with specific people?
- Is there an object or something that you see that brings up this urge for you?
- Is it at a specific time of day? Or, in a specific part of your daily routine?
- Does this urge come up after a frequent situation you experience?

### Physical



- Are you also experiencing physical pain? Is that physical pain from a previous injury or illness?
- Are you also experiencing trouble sleeping?
- Are you also experiencing other physical discomfort? From your job or caretaking for someone?

### Emotional



- How are you feeling? What emotions are coming up for you?
- Is something stressful happening?
- Are you thinking about things that happened to you in your life?
- Are you experiencing or noticing things you can't explain that seem to interfere with your day?

### Negative Interactions



- Are you thinking about what other people are thinking about you?
- Is it following a bad interaction with someone?
- Did that bad interaction happen at your treatment center? Or, some place you went that was supposed to help you?

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