



Activity 1: What Triggers Me Toward Relapse?

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Complete the table below with up to 10 relapse triggers you identified from the card activity.

Discovery Cards Summary		
Relapse Triggers: Statements from card fronts	Relapse Trigger Type: from colored card backs	Describe what specifically triggers you
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Questions to Explore

- As you think about your drinking or using, what triggers you most? Why do these triggers affect you?
- As you think back over your drinking or using history, have these triggers always played a primary role? Why?
- When you've tried to avoid these triggers in the past, what's worked for you? What hasn't? Why?
- What can you do differently in the future?
- Who can you ask for help and support?