









**Relapse Triggers Inventory**

For the situations listed below, place a circle around the ones that you believe may create a desire to drink or use drugs.

**Work Situations**

Being around people who drink/use  
Workers invite me to drink/use with them  
I just got paid; I've got money to spend  
I'm away from my supervisor  
I get into a hassle with a boss or coworker  
After working hard

**Family Situations**

After I have a problem with a family member  
I drink/use with certain family members  
Just thinking about my family upsets me  
When someone in my house drinks/uses  
Family events include drinking or drug use

**Social Situations**

Being at parties where people are drinking  
or using drugs  
Someone I date drinks/uses drugs  
I used to go to bars to socialize  
I play sports with people who drink/use  
Almost all my friends drink or use drugs  
Being in any group situation is upsetting  
Any kind of gambling  
I get uptight whenever I go out of my house  
Being alone bothers me  
Weekend/end of work week  
Free time  
Special occasions (wedding, etc.)  
Dancing

**People, Places and Things**

People I've gotten high within the past  
Seeing people drinking or using drugs  
Seeing a place where I used to  
drink/use  
Being in my car  
Driving through certain neighborhoods  
Seeing a drug deal take place  
Seeing or hearing a beer/alcohol ad  
Listening to certain music  
Going to casinos  
Seeing things that look like drugs  
News reports about drugs  
Watching certain TV programs  
Playing musical instruments  
Eating at restaurants  
Rock concerts  
Seeing drug-related things (spoons,  
straws, mirrors, razors, pipes,  
other):

**Romantic/Sexual Settings**

Trying to find a "lover"/romantic  
partner  
Thinking about sex/sexual fantasy  
Any kind of sexual activity  
Having certain kinds of sex  
Having sex with a prostitute  
Being in a new relationship  
Being rejected  
Asking for a date

**Moods, Mental and Physical State**

Lonely	Guilt
Angry	Uptight
Envious or jealous	Worried
Self pity	Depressed
Fear	Sexually turned on
Feeling powerful	Having a success
Good news	Winning
Loss of loved one	Tired
Drug/drinking dreams	Bored

