Place a checkmark next to activities, situations, or settings in which you frequently used substances; place a zero next to activities, situations, or settings in which you never have used substances.

- Home alone
- Home with friends
- Friend’s home
- Parties
- Sporting events
- Movies
- Bars/clubs
- Beach
- Concerts
- With friends who use drugs
- When gaining weight
- Vacations/holidays
- When it’s raining
- Before a date
- During a date
- Before sexual activities
- During sexual activities
- After sexual activities
- Before work
- When carrying money
- After going past dealer’s residence
- Driving
- Liquor store
- During work
- Talking on the phone
- Recovery groups
- After payday
- Before going out to dinner
- Before breakfast
- At lunch break
- While at dinner
- After work
- After passing a particular street or exit
- School
- The park
- In the neighborhood
- Weekends
- With family members
- When in pain

List any other activities, situations, or settings where you frequently have used.

List activities, situations, or settings in which you would not use.

List people you could be with and not use.
**ERS 2B**

**External Trigger Chart**

Name: ___________________________ Date: ____________

**Instructions:** List people, places, objects, or situations below according to their degree of association with substance use.

<table>
<thead>
<tr>
<th>0% Chance of Using</th>
<th>100% Chance of Using</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never Use</td>
<td>Always Use</td>
</tr>
<tr>
<td>Almost Never Use</td>
<td>Almost Always Use</td>
</tr>
</tbody>
</table>

These situations are “safe.”

These situations are low risk, but caution is needed.

These situations are high risk. Staying in these situations is extremely dangerous.

Involvement in these situations is deciding to stay addicted. Avoid totally.
During recovery certain feelings or emotions often trigger the brain to think about using substances. Read the following list of feelings and emotions, and place a checkmark next to those that might trigger thoughts of using for you. Place a zero next to those that are not connected with using.

☐ Afraid       ☐ Criticized       ☐ Excited       ☐ Aroused
☐ Frustrated   ☐ Inadequate      ☐ Jealous        ☐ Revengeful
☐ Neglected    ☐ Pressured       ☐ Bored          ☐ Worried
☐ Angry        ☐ Depressed       ☐ Exhausted      ☐ Grieving
☐ Guilty       ☐ Insecure        ☐ Lonely         ☐ Resentful
☐ Nervous      ☐ Relaxed         ☐ Envious        ☐ Overwhelmed
☐ Confident    ☐ Embarrassed     ☐ Deprived       ☐ Misunderstood
☐ Happy        ☐ Irritated       ☐ Humiliated     ☐ Paranoid
☐ Passionate   ☐ Sad             ☐ Anxious        ☐ Hungry

What emotional states that are not listed above have triggered you to use substances?

Was your use in the weeks before entering treatment

☐ Tied primarily to emotional conditions?
☐ Routine and automatic without much emotional triggering?

Were there times in the recent past when you were not using and a specific change in your mood clearly resulted in your wanting to use (for example, you got in a fight with someone and wanted to use in response to getting angry)? Yes ☐ No ☐ ☐ If yes, describe:
ERS 3B  Internal Trigger Chart

Name: ___________________________ Date: __________

Instructions: List emotional states below according to their degree of association with substance use.

<table>
<thead>
<tr>
<th>0% Chance of Using</th>
<th>100% Chance of Using</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never Use</td>
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</tr>
<tr>
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</tbody>
</table>

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These emotions are “safe.” These emotions are low risk, but caution is needed. These emotions are high risk. Persisting in these emotions is deciding to stay addicted. Avoid totally.