



This FREE RESOURCE is provided by The Lighthouse.
The Lighthouse is a faith-based program helping those in our community find freedom and hope from life altering addictions. If you would like to know more about our program, please call us at 260-255-6413.

Trigger Inventory

We all know that a variety of experiences, situations, and conditions can trigger a powerful “craving” or “urge” to use. This inventory has been developed to help identify our own personal triggers and to help plan for these trigger situations. There are two parts to this inventory, part one is identifying triggers and part two is to develop a working plan to cope with cravings and urges.

Part One:

This inventory consists of a list of situations and specific cues which might trigger cravings and urges. As you complete this inventory please check all that apply to you.

The Situation

Social Pressures and Romance

Warning Signs

- Parties with alcohol or drug use
- Clubbing
- Being offered your drug of choice
- Seeking romance
- Seeking sex
- Having sex
- “Breaking up”
- Bar hopping
- Other _____
- Other _____
- Other _____

___ Mood States

- ___ Stress
- ___ Anxiety
- ___ Depression
- ___ Loneliness
- ___ Frustration
- ___ Anger
- ___ Disappointment
- ___ Conflict with others
- ___ Guilt
- ___ Shame
- ___ Boredom
- ___ Low self-esteem
- ___ Feeling powerful
- ___ Self-pity
- ___ Other _____
- ___ Other _____
- ___ Other _____

___ Work Situations

- ___ Going to work
- ___ Leaving work
- ___ Break time
- ___ Pay day
- ___ Peer pressure at work
- ___ Co-workers using
- ___ Drugs or alcohol available at work
- ___ Other _____
- ___ Other _____
- ___ Other _____

___ Celebrations

- ___ Weekends
- ___ Having a good day
- ___ Winning at some activity
- ___ Weddings, birthdays, and celebrations
- ___ Getting good news
- ___ Other _____
- ___ Other _____
- ___ Other _____

___ Media Triggers

- ___ Certain music
- ___ Television shows
- ___ News reports about drugs and alcohol
- ___ Movies where actors use
- ___ Concerts
- ___ Alcohol and drug advertisements
- ___ Other _____
- ___ Other _____
- ___ Other _____

___ Physical Conditions

- ___ Fatigue
- ___ Pain
- ___ Insomnia
- ___ Feeling sick
- ___ Hunger
- ___ Other _____
- ___ Other _____
- ___ Other _____

___ Focus

- ___ Talking about using
- ___ Listening to others talk about using
- ___ Thinking about using
- ___ Recalling the high
- ___ Other _____
- ___ Other _____
- ___ Other _____

___ People, Places, and Things

- ___ Places where you have used
- ___ People you have used with
- ___ Your dealers
- ___ Driving by places you have used
- ___ People using around you
- ___ Paraphernalia
- ___ Phone calls from old friends
- ___ Peer pressure
- ___ Other _____
- ___ Other _____
- ___ Other _____

___ Using Other Drugs

- ___ Alcohol
- ___ Pills
- ___ Tranquilizers
- ___ Stimulants
- ___ Opiates
- ___ Marijuana
- ___ Inhalants
- ___ Other _____
- ___ Other _____
- ___ Other _____

___ Recreational Activities

- ___ Sports
- ___ Watching television
- ___ Exercising
- ___ Gambling
- ___ Boating
- ___ Fishing
- ___ Clubbing
- ___ Golfing
- ___ Other _____
- ___ Other _____
- ___ Other _____

___ Miscellaneous

- ___ Drug dreams
- ___ Free time
- ___ Smells
- ___ Certain clothes
- ___ Isolating yourself
- ___ Other _____
- ___ Other _____
- ___ Other _____
- ___ Other _____

Thank you for your work so far, now please go back and determine which Situation is the biggest problem area for you. Adding up all the checks in the Warning Sign column should give you an idea which Situation is the biggest problem for you. Place a 1 (one) next to the biggest Situation problem area. Then do this again for the second biggest problem area and continue until you have ranked your top five problem areas.

Part Two:

Now you will have the opportunity to develop a work plan for these triggers and “compare notes” with others in the group. By preparing yourself to deal with these triggers and cravings before they occur, you can personally exert control over the likelihood of your relapsing.

Trigger Work Plan

1. The worst trigger situation for me is _____.

Warning Signs

My Coping Strategies

~ _____

~ _____

~ _____

2. The second worst trigger situation for me is _____.

Warning Signs

My Coping Strategies

~ _____

~ _____

~ _____

3. The third worst trigger situation for me is _____.

Warning Signs

My Coping Strategies

~ _____

~ _____

~ _____

4. The fourth worst trigger situation for me is _____.

Warning Signs

My Coping Strategies

~ _____

~ _____

~ _____

5. The fifth worst trigger situation for me is _____.

Warning Signs

My Coping Strategies

~ _____

~ _____

~ _____

