

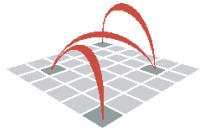
Exercise: Identifying triggers for alcohol and drug abuse, your responses to those triggers, and the consequences

List the type of alcohol or the drug you use most frequently (*examples*: beer, wine, marijuana, cocaine, meth)

List the *situations* in which you are most likely to get drunk or high (*examples*: being alone; being out with friends; parties; Friday afternoon after work; with specific people)

List the *feelings* you ordinarily have right before you drink/get high (*examples*: depressed, anxious, irritable, excited)

Describe your *expectations* about what this drink/drug will do for you (*examples*: it will make me relax and ease up with people; help me deal with difficult situations; decrease my depression; help me sleep; make me think more clearly)



Describe the *actual consequences* of your drinking/drug use the last few times. Try to distinguish (1) what happens immediately after you drink/get high (*examples*: relaxed me, got me into an argument, alleviated my depression, made me feel more social) versus (2) the delayed effects (*examples*: made me more depressed the next day, had hangover, got to work late)

Immediate effects:

Delayed effects:
