



Activity 2: Learn from My Past Experiences

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Substance Use Experience

Observe: Describe your past Substance Use experience below. What happened?

Complete the table below with up to 6 Substance Use Triggers you identified from the card activity.

Discovery Cards Summary		
Substance Use Triggers: Statements from card fronts	Substance Use Trigger Type: from colored card backs	Emotions and feelings activated by this trigger
1		
2		
3		
4		
5		
6		

Questions to Explore

Evaluate:

1. How did these triggers play a role in your Substance Use?

2. At what point did these triggers show up?
What made it difficult to anticipate them?

3. Which emotions were activated by these triggers?

Evaluate (continued):

4. What actions did you take or did you not take to avoid this situation?

Respond:

5. How can you respond differently in the future?

6. Who can you ask for help and support?