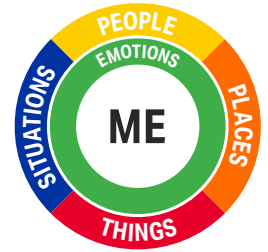




Scan to download
Editable PDF



Activity 4: Explore the Substance Use Triggers Model

Visit R1LEARNING.COM to download printable Activity Worksheets.

As you think about your understanding of the Substance Use Triggers Model, answer the questions to the right.

Questions to Explore

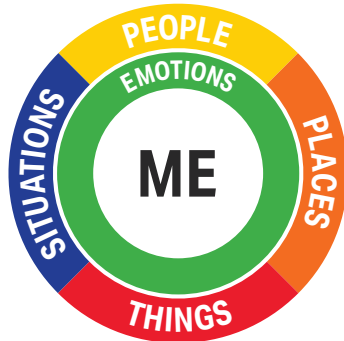
1. Does it help you to know that there is a model describing Substance Use triggers? How does this help?

2. What resonates most for you about the Substance Use Triggers Model given your experience?

3. How does the Substance Use Triggers Model help you to plan for and avoid unhealthy situations?

Substance Use Triggers

What do I need to look out for?



© 2023 R1 Publishing LLC / All rights reserved

Substance Use Triggers

What do I need to look out for?

PEOPLE

Who affect me

PLACES

Where I go

THINGS

What I'm near

SITUATIONS

What I do

EMOTIONS

How I feel

