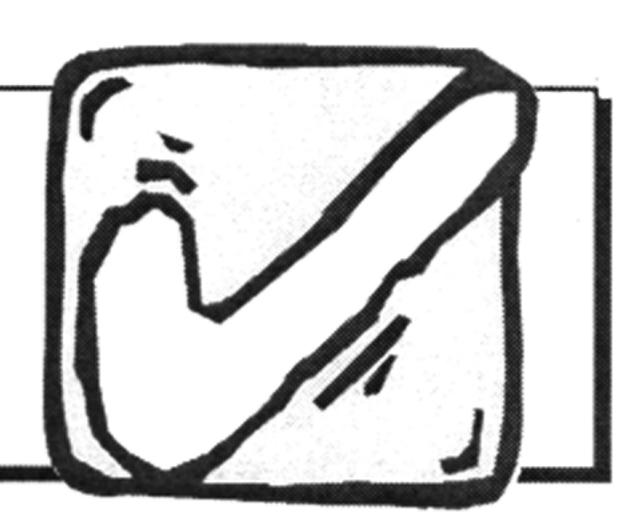
ERS 2A

External Trigger Questionnaire



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

External Trigger Chart ::

Name: nstructions: List people, places, objects according to their degree of association with				
0% Chance of Using		100% Chance of Using		
Cilance	01 031113	Cilance		
Never Use	Almost Never Use	Almost Always Use	Always Use	
These situations are "safe."	These situations are low risk, but	These situations are high risk.	Involvement in these situations is	

Staying in these

situations is

extremely

dangerous.

deciding to stay

addicted. Avoid

totally.

caution is needed.

ERS 3A

Internal Trigger Questionnaire



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

Internal Trigger Chart ...

Name:	Date:
Instructions: List emotional of association with substance	states below according to their degree use.
0% Chance of Using	100% Chance of Using

. 01 031113	Cildiice	. 005
Almost Never Use	Almost Always Use	Always Use
	Almost Never Use	Almost Never Use Almost Always Use

"safe."

low risk, but caution is needed.

These emotions are These emotions are These emotions are high risk.

Persisting in these emotions is deciding to stay addicted. Avoid totally.