

## HANDOUT A/M – 2.1

### When Am I the Most Tempted to Use?

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It can be helpful to identify the times when you are really tempted to use alcohol or other drugs. By recognising these "triggers" situations ahead of time, you have more of a chance to avoid or alter these when they occur. Circle the name of the category that best completes the sentence.

I am most tempted to use when I am experiencing \_\_\_\_\_:

Negative Emotions:                      Some ways to alter or avoid this                      How confident are you that you can do this (rate 0 - 5)

**Examples include:**

Anger  
Depression

Physical Pain:                      Some ways to alter or avoid this                      How confident are you that you can do this (rate 0 - 5)

**Examples include:**

Pain  
Tiredness

Social or Positive Events:                      Some ways to alter or avoid this                      How confident are you that you can do this (rate 0 - 5)

**Examples include:**

Parties  
When happy or excited

Withdrawal:                      Some ways to alter or avoid this                      How confident are you that you can do this (rate 0 - 5)

**Examples include:**

Cravings or urges  
Physical withdrawal