Think back to your most recent relapse. Picture what was happening in your life, the stressors or irritations you were facing in the days leading up to and just before your decision to use again. Review the following list of items and check off any that apply to your pre-relapse situation. You are identifying the stressors you experienced just before you decided to use again:

- Loneliness
- Feeling manipulated
- Anxiety
- Depression
- Boredom
- Argument
- Money problems
- Too little sleep
- Illness
- Problem at work or school
- Bad or no sex
- Feeling unvalued, unwanted
- Insult or criticism
- Too much time on your hands
- Offer of drug or alcohol from a friend or relative
- Girl or boyfriend problems
- Pencil broke, shoelace broke, tooth broke, multiple little problems
- Others:
  - ____________________________
  - ____________________________
  - ____________________________
  - ____________________________