

HABITS, CRAVINGS, TRIGGERS, AND HIGH-RISK SITUATIONS

(USE WITH Habits, Cravings, Triggers, and High-Risk Situations)

1. Drug and alcohol use is a HABIT —
Something we do automatically without thinking.
 2. People use drugs because they have CRAVINGS —
Very strong physical urges to use.
Cravings are caused by people, places or things that remind you of drugs.
 3. These people and places are called TRIGGERS—
They can trigger, or cause, a craving.
 4. A situation with lots of your triggers is a HIGH RISK SITUATION —
They are called High Risk Situations because there is a high risk that you
will use when you are in them.
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