

Over-confidence

Relationships

Places Where Drugs & Alcohol Are Available

Emotions

Lack of Sleep

Negative Feelings

Stress

Not Enough Discipline

Physical Illness

Having a Lot of Cash on Hand

Promotion

Sex

New Job

THE ULTIMATE LIST OF RELAPSE TRIGGERS

TV

Continuing Addictive Behaviors

Mental Illness

Music

Boredom

Financial Hardship

Social Gatherings

Legal Prescriptions

Being Around the Same People, Places & Things

Resentments **Social Isolation**

Unrealistic Expectations

Reminiscing

Exhaustion

Family Problems