

|                              |                                            |                             |                            |                       |
|------------------------------|--------------------------------------------|-----------------------------|----------------------------|-----------------------|
| <b>B</b>                     | <b>I</b>                                   | <b>N</b>                    | <b>G</b>                   | <b>O</b>              |
| Seeing paraphernalia         | Anger                                      | Feeling hopeless            | Music                      | Lack of support       |
| Driving by old neighborhoods | Seeing other people engage in the behavior | Loss of daily structure     | Being around using family  | Money                 |
| Physical pain                | Stress/Conflict                            | <b>FREE</b>                 | Boredom                    | Frustration           |
| Getting overwhelmed          | Passing by certain landmarks               | Glorifying the good ol days | Friends who use substances | Loneliness            |
| Feeling worthless            | Complacency                                | Medical problems            | Unexpected life events     | Emotional pain/trauma |

|                             |                           |                      |                                            |                              |
|-----------------------------|---------------------------|----------------------|--------------------------------------------|------------------------------|
| <b>B</b>                    | <b>I</b>                  | <b>N</b>             | <b>G</b>                                   | <b>O</b>                     |
| Stress/Conflict             | Being around using family | Music                | Driving by old neighborhoods               | Loss of daily structure      |
| Feeling hopeless            | Unexpected life events    | Lack of support      | Complacency                                | Money                        |
| Getting overwhelmed         | Boredom                   | <b>FREE</b>          | Frustration                                | Anger                        |
| Friends who use substances  | Medical problems          | Seeing paraphernalia | Emotional pain/trauma                      | Passing by certain landmarks |
| Glorifying the good ol days | Loneliness                | Physical pain        | Seeing other people engage in the behavior | Feeling worthless            |

|                      |                       |                             |                                            |                            |
|----------------------|-----------------------|-----------------------------|--------------------------------------------|----------------------------|
| <b>B</b>             | <b>I</b>              | <b>N</b>                    | <b>G</b>                                   | <b>O</b>                   |
| Complacency          | Medical problems      | Being around using family   | Loneliness                                 | Boredom                    |
| Seeing paraphernalia | Getting overwhelmed   | Glorifying the good ol days | Seeing other people engage in the behavior | Lack of support            |
| Physical pain        | Emotional pain/trauma | <b>FREE</b>                 | Passing by certain landmarks               | Friends who use substances |
| Stress/Conflict      | Money                 | Music                       | Unexpected life events                     | Feeling hopeless           |
| Frustration          | Anger                 | Loss of daily structure     | Driving by old neighborhoods               | Feeling worthless          |