

|                          |                                 |                                   |                                                  |                                              |
|--------------------------|---------------------------------|-----------------------------------|--------------------------------------------------|----------------------------------------------|
| <b>B</b>                 | <b>I</b>                        | <b>N</b>                          | <b>G</b>                                         | <b>O</b>                                     |
| Stress/Conflict          | Anger                           | Feeling<br>hopeless               | Music                                            | Lack of<br>support                           |
| Emotional<br>pain/trauma | Seeing<br>paraphenalia          | Loss of<br>daily<br>structure     | Being<br>around<br>using<br>family               | Money                                        |
| Physical<br>pain         | Unexpected<br>life events       | <b>FREE</b>                       | Boredom                                          | Frustration                                  |
| Getting<br>overwhelmed   | Passing<br>by liquor<br>stores  | Glorifying<br>the good<br>ol days | Friends<br>being<br>unavailable<br>in hard times | Loneliness                                   |
| Feeling<br>worthless     | Driving by old<br>neighborhoods | Medical<br>problems               | Using<br>friends                                 | Ex<br>girlfriend<br>trying to<br>contact you |

|                                                  |                                    |                    |                                              |                                |
|--------------------------------------------------|------------------------------------|--------------------|----------------------------------------------|--------------------------------|
| <b>B</b>                                         | <b>I</b>                           | <b>N</b>           | <b>G</b>                                     | <b>O</b>                       |
| Unexpected<br>life events                        | Being<br>around<br>using<br>family | Music              | Emotional<br>pain/trauma                     | Loss of<br>daily<br>structure  |
| Feeling<br>hopeless                              | Using<br>friends                   | Lack of<br>support | Driving by old<br>neighborhoods              | Money                          |
| Getting<br>overwhelmed                           | Boredom                            | <b>FREE</b>        | Frustration                                  | Anger                          |
| Friends<br>being<br>unavailable<br>in hard times | Medical<br>problems                | Stress/Conflict    | Ex<br>girlfriend<br>trying to<br>contact you | Passing<br>by liquor<br>stores |
| Glorifying<br>the good<br>ol days                | Loneliness                         | Physical<br>pain   | Seeing<br>paraphenalia                       | Feeling<br>worthless           |

|                              |                                     |                             |                          |                                          |
|------------------------------|-------------------------------------|-----------------------------|--------------------------|------------------------------------------|
| <b>B</b>                     | <b>I</b>                            | <b>N</b>                    | <b>G</b>                 | <b>O</b>                                 |
| Driving by old neighborhoods | Medical problems                    | Being around using family   | Loneliness               | Boredom                                  |
| Stress/Conflict              | Getting overwhelmed                 | Glorifying the good ol days | Seeing paraphenalia      | Lack of support                          |
| Physical pain                | Ex girlfriend trying to contact you | <b>FREE</b>                 | Passing by liquor stores | Friends beeing unavailable in hard times |
| Unexpected life events       | Money                               | Music                       | Using friends            | Feeling hopeless                         |
| Frustration                  | Anger                               | Loss of daily structure     | Emotional pain/trauma    | Feeling worthless                        |