

ADDICTION TRIGGERS

Anything can be a trigger. Everyone is different. Explore your triggers. Think about each of the below, Is it an emotion? An experience? A place? A person? List yours:

People: _____

Places: _____

Emotions: _____

Habits/Things: _____

Thoughts: _____

Activities: _____

Situations: _____

You will need to make changes to your lifestyle, relationships and daily routine. One of the best things to do is avoid triggers whilst you build strength and willpower to deal with them.

- You need to create a strategy to deal with triggers, have a plan in place that you can refer to often. You will get through it, you need to include coping strategies, a list of people you can talk (support squad), rehearsed phrases to excuse yourself from situations and activities to turn to and enjoy. You must change routine and continue to acknowledge this is a process.

What are your 3 biggest triggers? Describe in detail.

- 1 _____
- 2 _____
- 3 _____

What can you do to reduce exposure to each trigger or avoid them?

- 1 _____
- 2 _____
- 3 _____

TRIGGERS

Describe what you can do to deal with each trigger when they cannot be avoided? Think about how you can face them and cope with the situation.

1

2

3

Habits/Things:

Thoughts:

Activities:

Situations:

Who can you turn to for support? Think of who you trust, rely on, where you feel comfortable, loved or supported. This may be a combination of family, friends, or therapy. This is the list you reach out to when struggling or bored.

Support squad:

What are 6 activities or sports you would like to try?
Name a further 4 experiences.

If you lapse (a one off use), what actions can you take to get back on track?

1

2

3

DATE: _____

Tasks to get back on track after a lapse

After a lapse, you can return to recovery. Get yourself back on your recovery track- the sooner, the better.

It's important to understand and identify the things you need to action to achieve it.

You need to take action. List down the tasks, things to do, important points in the boxes below to action immediately.

1 What do I think triggered me?

2 How can I better handle/cope with that trigger?

3 Did I learn anything about my addiction or sobriety from this lapse?

4 Who do I need contact for support?

5 General notes

Who do I need contact for support?

TO DO:

Book your Mental Health Therapist

Contact your support squad

Understand why you lapsed

Review your triggers list

Review your coping mechanisms to triggers

Schedule time each day to action tasks.

What do I need to schedule /plan ahead?
