# Trigger Identification and Coping Strategies Worksheet

List Potential Triggers:

- Identify specific situations, emotions, or thoughts that commonly trigger negative behaviors or cravings related to your recovery journey. Examples may include:
  - Certain social settings (parties, bars, etc.)
  - Stressful situations (work deadlines, family conflicts, etc.)
  - Negative emotions (anger, sadness, loneliness, etc.)
  - Specific people or relationships
  - Environmental cues (smells, sights, sounds associated with substance use)
  - Times of day or specific days of the week (Friday night etc)

Rate Triggers:

- Assign each identified trigger a rating from 1 to 10 based on its intensity or likelihood of causing a negative reaction. A rating of 1 indicates a low impact, while a rating of 10 indicates a high impact.

Steps to Prevent Triggers

1. Avoidance Strategies:
- Identify triggers that can be avoided or minimized whenever possible. Examples of strategies:
  - Limit exposure to environments or situations where triggers are prevalent.
  - Develop alternative plans or activities for times when triggers are likely to occur.
  - Establish boundaries with individuals or relationships that contribute to triggering behaviors.

Replacement Behaviors:
- Identify healthy alternatives to engage in when faced with triggers. Examples include:
  -Schedule a 12 step meeting at the time of the trigger, example Friday night
  - Participating in physical exercise, gym membership.
  - Practicing relaxation techniques such as prayer.
  - Seeking support from sponsor or support group.
  - Engaging in creative outlets like drawing, music, or writing.
  - Cultivate a support network of individuals. WHo can you spend time with and not use?
  -Make new friends, friend groups, (such as a church community) etc and break contact with groups that use, completely.
-Focus on others instead of self, example:Volunteer work
  - Attending therapy sessions

What are the strongest triggers for you?

_____

What particular trigger might be a problem in the near future?

_____

Was your use prior to recovery mostly tied to emotional conditions, or was it routine without emotional triggering? ____Emotional _____Routine

**1.Triggers become thoughts**
**2. Thoughts become cravings**
**3. Cravings lead to use**

“Thought” prevention: (Autosuggestions)

Example:
“*Whenever my thoughts are ruminating, I will remind myself of praying*” **X 5 three times a day.**

Thought stopper:

Create an image (visualization) of yourself feeling completely at ease, feeling your best. Use this image as a replacement for the thoughts.

Snap a rubber band around your wrist, or pinch yourself.

Breath deeply into the areas of the body that have become tight. Do this until the tightness subsides.

Do 50 pushups

Call someone. Voice the thoughts out loud, so that you can see your thinking process.