

WHAT ARE MY TRIGGERS?

In this exercise you'll be exploring what triggers you to drink or use drugs. Think about the times you've drunk or used previously - are there any patterns?

Hint - this is not about blaming others for being your trigger. This is about finding ways of being able to deal with triggers. This worksheet is here to get you started with identifying your triggers so if you can't think of a way of dealing with them right now, that's something to focus on and explore with time.

The worksheet below has been completed as an example. You can find a blank sheet on the next page.

<p><u>Triggers: people</u></p> <p><i>When my partner is having a drink</i></p> <p><i>Being around mates when they are using cocaine</i></p>	<p><u>How do I handle these</u></p> <p><i>Talk to them - let them know what my goals are and how they can help</i></p>	<p><u>Triggers: places</u></p> <p><i>Restaurants when having a nice meal</i></p> <p><i>Mate's house</i></p>	<p><u>How do I handle these</u></p> <p><i>Swap to a non-alcoholic drink for the first course</i></p> <p><i>Try meeting at my house for a bit</i></p>
<p><u>Triggers: thoughts</u></p> <p><i>"It's almost the same price for a bottle as it is for 2 glasses"</i></p> <p><i>"I didn't drink at the weekend, it's a treat for making it through Monday!"</i></p>	<p><u>How do I handle these</u></p> <p><i>Remind myself it's not about money,, it's about how I feel tomorrow</i></p>	<p><u>Triggers: feelings</u></p> <p><i>Stressed.</i></p> <p><i>Excited.</i></p>	<p><u>How do I handle these</u></p> <p><i>Start mindfulness course.</i></p> <p><i>When I feel like this, remember to breathe and bring my attention back to the now.</i></p>

Triggers: people

How do I handle these



Triggers: places

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Triggers: thoughts

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Triggers: feelings

How do I handle these

