Criminal Behaviors surrounding Triggers

Identifying triggers for substance abuse is important yet it is also significant to identify triggers that promote criminal behavior. Substance abuse and criminal behavior triggers have similarities. An example of a criminal behavior is knowing someone such as a friend got paid and has money to spare which may trigger a criminal behavior in you to steal to their money.

Illustrations of criminal behavior triggers

-frustration

-taking items that are not yours for the taking

-engaging in illegal activities to acquire things you want

-associating with antisocial peers to get high

Inventory and list your triggers for criminal behavior

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Behaviors to prevent triggers from becoming criminal behaviors

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List ways to manage your triggers such as making new friends in alcohol and drug free places

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