Triggers

Triggers to any event is people, places and things. During recovery you may experience triggers that will cause you to second guess your decision to be sober from alcohol or substances. An example could be you are invited to a party which includes past friends that have been a part of your addiction and you want a sense of belonging to a group. Your triggers could be past friends, acceptance, and a need to have fun.

Triggers are associated with the addictive part of your brain therefore particular people, places and things triggers the use of substances which in turns promotes a craving that is overbearing and difficult to resist.

Treatment involves a 3-step process to aid or provide relief during the craving process.

1. Identify triggers
2. Do not expose yourself to known triggers for example: if past friends are triggers develop a new group of friends that are sober.
3. Find new ways to deal with triggers replacing them with other activities such as exercises, meditation and journaling.

List triggers that you face

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List triggers you may later face

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