

My Triggers

Understanding triggers can help make your choices feel less automatic.

People

Who or which social situations are connected with using?

Places

Where do urges become stronger?

Feelings

Anxiety, anger, loneliness, boredom, excitement, shame or overwhelm?

Thoughts

What thoughts tend to show up before you use?

Body sensations

Tension, restlessness, tiredness or feeling wired?

Times and routines

Are certain days, times or routines connected with using?

My three strongest triggers are...

When I notice a trigger, something I could try first is...
