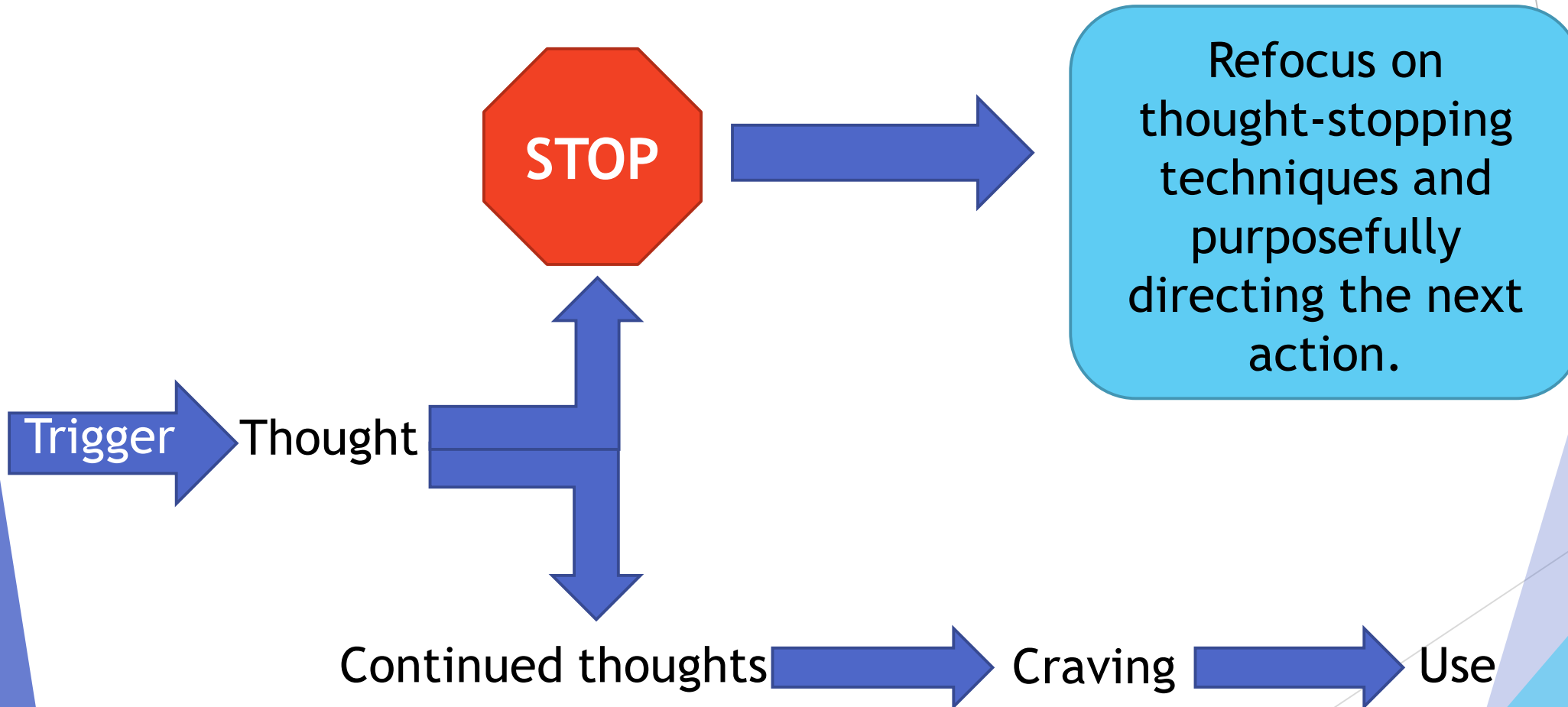


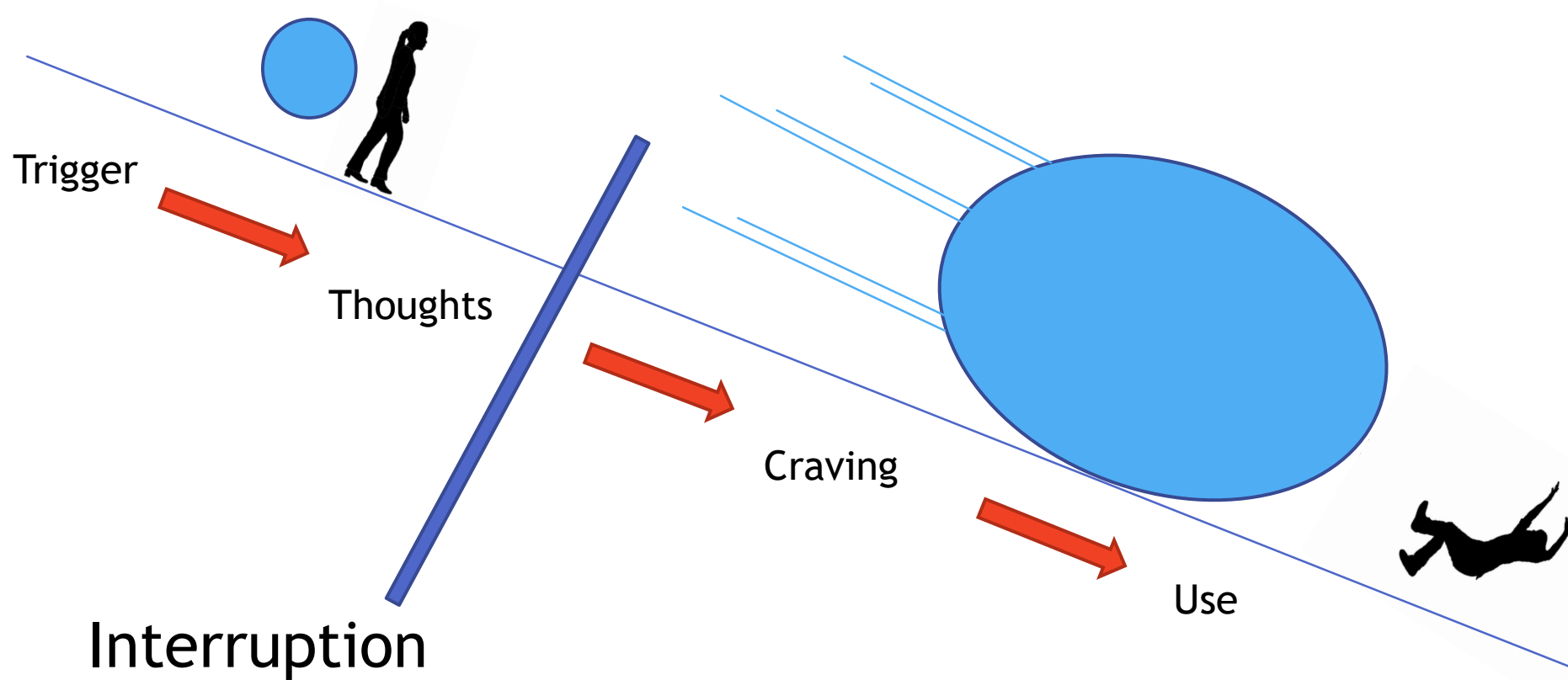
The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The text is centered in the white space between these shapes.

Triggers & Thought Stopping Techniques

The Trigger-Thought Process



Triggers and Thought Process



Types of Triggers

- ▶ People
- ▶ Places
- ▶ Things
- ▶ Times
- ▶ Emotional states

Types of Triggers

People

- ▶ Friends who use or deal
- ▶ Voices of friends who use drugs or deal
- ▶ Significant other
- ▶ Certain family members or friends
- ▶ People who “romanticize” drug or drinking

Types of Triggers

Places

- ▶ Drug dealer's house
- ▶ Liquor stores
- ▶ Bars or clubs
- ▶ Work/School
- ▶ Streets or specific areas
- ▶ Sporting Events
- ▶ *Anything* associated with drinking or drug use

Types of Triggers

Things

- ▶ Drug paraphernalia
- ▶ Money / ATM's
- ▶ Movies / television shows about illicit drug use and drinking
- ▶ Certain music
- ▶ Particular clothing
- ▶ Taste or smells
- ▶ Any secondary addiction / addictive behavior

Types of Triggers

Times

- ▶ Idle times or boredom
- ▶ After school/work and weekends
- ▶ Holidays or celebrations
- ▶ Birthdays or anniversaries
- ▶ Payday
- ▶ Financial debt
- ▶ Vacations/School Breaks
- ▶ When it is raining, sunny, cloudy, windy, or snowy

Types of Triggers

Emotional Stress

- ▶ Anxiety
- ▶ Depression
- ▶ Boredom
- ▶ Fear
- ▶ Fatigue
- ▶ Anger
- ▶ Frustration
- ▶ Concern about weight gain

Thought Stopping Techniques

Learn to recognize
using thoughts and
triggers

Talk to sponsor
or a sober friend

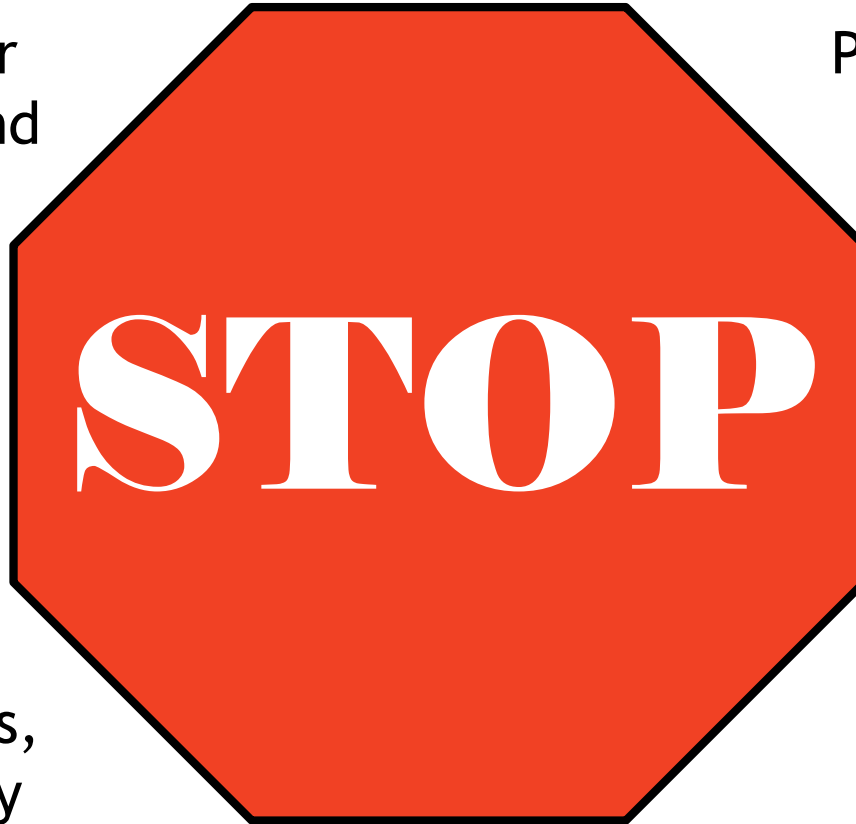
Playing the tape
all the way
through

Go to a
meeting

Rubber band
“snapping”

Exercise, hobbies,
or a safe activity

Visual Imagery



Practice relaxation
techniques

What are your main triggers?

