

TRIGGERS

Your addiction is extremely powerful. Learning to cope with triggers is an extremely important and essential part of recovery. A trigger is anything that has become associated with your drug use. Triggers include people (playmates), places (play places), things (play things), times of day or night, emotions, boredom, sex, or any number of other things that have become associated with drug use. It is crucial that you identify in detail the triggers of your disease.

The danger of triggers is that they often lead to relapse. The pattern is this:

Trigger — Thought — Craving — High Risk Behavior — Use

A trigger will lead to thought of using. If you think a lot about something, you become obsessed with the thought. This leads to craving, which increases cravings, and eventually you cave in and relapse because the thoughts and craving are overwhelming.

The following list of triggers is designed as a guide to help you identify your own triggers. You are likely to have triggers that are not on this list.

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| 1) Payday | 19) Boredom |
| 2) Cash in your pocket or purse | 20) Free time |
| 3) 24-hour banking card | 21) Anger, sadness, happiness, fear |
| 4) Your dealer or dealers | 22) Being tired |
| 5) The area where you purchased drugs | 23) Your car |
| 6) Weekends | 24) Work, before work, after work |
| 7) Nighttime | 25) Holidays |
| 8) Alcohol, pot or other drugs | 26) Grandiosity (the big-shot syndrome) |
| 9) Sex or sexually explicit magazines | 27) C.A. meetings |
| 10) Talking about cocaine | 28) The words “party”, “snow”, “rock”, |
| 11) Movies about cocaine | 29) Barbecues |
| 12) Paraphernalia | 30) Sports |
| 13) Music | 31) Doing homework |
| 14) White powder | 32) Mowing the lawn |
| 15) Friends or family members who get high | 33) Razor blades, mirrors, pipes, |
| 16) Furniture | 34) Watching news shows on cocaine |
| 17) Rooms where you got high | 35) Cameras |
| 18) Bars, nightclubs | 36) Baking soda |

Circle the triggers that you can identify for yourself from the list above. In the blank space below, write any triggers that are not included on the list.