

Triggers and Coping Strategies Worksheet

Date: _____

Part 1: Identifying Your Triggers

Triggers are people, places, emotions, or situations that prompt cravings or unwanted behaviors. Identifying your triggers is an essential step in your recovery process.

1. What are the specific triggers that cause cravings or urges to use?

(Think about your past experiences. Try to identify common themes or patterns.)

- **People:**
(e.g., specific friends, family members, or acquaintances that influence you)
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- **Places:**
(e.g., specific locations, environments, or settings)
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- **Emotions:**
(e.g., stress, boredom, loneliness, anger, or sadness)
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- **Situations:**
(e.g., social gatherings, being alone, facing challenges at work)
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Part 2: Understanding the Impact of Triggers

Now that you've identified some of your triggers, let's explore how each of them affects you.

For each trigger, answer the following questions:

- **What feelings or thoughts do these triggers bring up for you?**
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- **What behaviors do you tend to engage in when you encounter these triggers?**
(e.g., using substances, isolating yourself, becoming angry, etc.)
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- **How do these behaviors affect your recovery and well-being?**
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Part 3: Coping Strategies for Each Trigger

Now let's develop strategies for coping with each trigger. Coping strategies can include mindfulness, seeking support, or using grounding techniques. Personalizing your strategies is important for success.

For each trigger, write down at least two coping strategies you can use:

- **Trigger:** _____
 - **Coping Strategy 1:**
(e.g., practice deep breathing, call a support person, leave the situation, journal)
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 - **Coping Strategy 2:**
(e.g., go for a walk, listen to calming music, meditate)
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- **Trigger:** _____
 - **Coping Strategy 1:**
 -
 - **Coping Strategy 2:**
 -
- **Trigger:** _____
 - **Coping Strategy 1:**
 -
 - **Coping Strategy 2:**
 -
- **Trigger:** _____
 - **Coping Strategy 1:**
 -
 - **Coping Strategy 2:**
 -

Part 4: Creating a Support System

In moments of challenge, it can be incredibly helpful to lean on others. Identify people or resources you can turn to when you face a trigger.

Who are the people or support systems you can rely on?

(e.g., therapist, sponsor, friend, family member)

- **Person/Resource:** _____
 - **How they can help:** _____
 - **Contact Information (if applicable):** _____
- **Person/Resource:** _____
 - **How they can help:** _____
 - **Contact Information (if applicable):** _____

Part 5: Daily Reflection

Take a moment at the end of each day to reflect on how well you managed your triggers and coping strategies.

1. Did you encounter any triggers today?

(Yes/No)

- If yes, what were they?
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2. Did you use any of your coping strategies?

(Yes/No)

- If yes, which ones worked well?
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- If not, what might you do differently next time?
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Affirmation for the Day

Write one positive affirmation to remind yourself of your strength and resilience today.

- (e.g., "I am in control of my choices," "I can face any challenge and grow from it.")