

Triggers and Coping Skills

Specific people, places, and things can remind us of our past drug use. Avoiding these triggers can be an effective way to reduce the chance of relapse. List 5 people, places, or things that might make you more likely to use.

1.

2.

3.

4.

5.

What if you cannot avoid these people, places, and things? What if you come into contact with them accidentally? Briefly describe how you can deal with each of the triggers you listed above.

1.

2.

3.

4.

5.