

# List of Triggers and Plans

It is important that as you participate in treatment, you identify your personal triggers. Develop a list of your own. Constantly add to your list as you develop more awareness of them. Post your list in a private place such as inside your bathroom cabinet, in your bedroom or keep them in your wallet. It is also important to develop some ideas ahead of time of how you can continue sobriety while faced with a trigger.

**Trigger → Thought → Craving → High Risk Behavior → Use**

This worksheet will help you identify the trigger and a plan so you can support yourself in sobriety. Below, write down your trigger and then identify what you can do if you encounter that trigger.

Trigger:

What I can do when I encounter this trigger:

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