

## Triggers & Coping

Dr. Milton Magness – 30 Days to Hope and Freedom - Excerpts

Trigger – anything that has been repeatedly associated with acting out; a conditioned stimulus that then triggers a conditioned response

Triggers may evolve – become more Intense (especially pre-recovery) or less intense (in recovery)

In recovery, you will develop clearer boundaries; learn to avoid some triggers and learn to cope with others

### Ways to view Triggers

External – Internal

People, Places, Things, Situations

Thoughts, Feelings, Moods, Emotions, Memories, Fantasies, Fears, Resentments

Emotional – Sexual

### Positive Coping Strategies

- Humor
- Call a friend
- Care for a pet
- Volunteer to serve others
- Read a book
- Go to a movie
- Cook your favorite meal
- Take a walk
- Write in your journal
- Clean your living space or work space