

Trigger Map & My Recovery Plan

A trigger is anything that makes you want to use substances or go back to old habits. Understanding your triggers is one of the most important skills in recovery.

1. My Triggers

List things that make cravings or urges stronger for you:

| People | Places | Emotions | Situations |
|--------|--------|----------|------------|
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2. My Early Warning Signs

Before a relapse, your body and mind often give signals. What are yours?

In my thoughts: _____

In my body: _____

In my behavior: _____

In my mood: _____

3. When I Notice a Warning Sign, My Plan Is:

| | |
|--------------------------------|-------|
| Step 1 — Stop: | _____ |
| Step 2 — Tell someone: | _____ |
| Step 3 — Do instead: | _____ |
| Step 4 — If that fails: | _____ |

4. My Support Network

Who can you call when things get hard?

| Name | Who They Are | How to Reach Them |
|------|--------------|-------------------|
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| | | |

5. One Thing I'm Proud of in My Recovery

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Recovery is not about being perfect. It's about knowing what to do next.