

## My Trigger Map

A trigger is anything — a person, place, feeling, or situation — that increases your urge to use or pulls you toward old patterns. Knowing your triggers is not weakness. It is the first real step toward staying ahead of them.

### Step 1 — Map Your Triggers

Write as many as you can in each box. Be honest. Nobody grades this.

People Who makes you want to use? Who makes you feel unsafe?	Places Where do you feel the pull most? Where do you avoid?	Feelings What emotions come right before? Bored? Angry? Lonely? Anxious?	Situations What events or circumstances hit different? Arguments? Late nights?

### Step 2 — What Happens in Your Body First?

Before you act on a trigger, your body usually sends a signal. Most people ignore it. Start noticing it instead.

**In my thoughts:**

*Examples: 'One time won't hurt.' 'Nobody cares anyway.' 'I deserve this.'*

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**In my body:**

*Examples: Tight chest. Jaw clenched. Restless. Can't sit still. Heart racing.*

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**In my behavior:**

*Examples: Isolating. Canceling plans. Reaching out to old contacts.*

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**In my mood:**

*Examples: Irritable for no reason. Numb. Hopeless. Reckless feeling.*

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### Step 3 — My Response Plan

Pick your top 2 triggers from Step 1. For each one, write out exactly what you will do when it shows up. Be specific — vague plans fail.

<b>My trigger:</b>	<b>First thing I will do:</b>	<b>Who I will contact:</b>
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*You cannot avoid every trigger. But you can have a plan before it hits.*