Triggers

In the substance thoughts journal example, you may have noticed that negative emotions, especially anger, were main triggers. You may already know what some of your triggers are even without keeping your journal. Some of you may also know that certain times, people, places, and associations are triggers. You may have decided to move from your place of residence to avoid some of these triggers. Please list some of your main triggers and how you intend to deal with them in the future. You should share these with your counselor to help you in developing the best intervention strategies.

Triggers	Intervention Strategies
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Keys to Success O14

DAILY INVENTORY

It is suggested that you take an inventory everyday. A good time to do this would be at night before going to sleep. In doing so, you will be able to see where you are in your recovery program and in your relationships with other people.

Remember that the recovery program is based on living "one day at a time." The following inventory is a guide to help you review your day. You will be able to identify your strengths as well as areas that need changes.

III revie	wing your day, ask yoursen, was i		
	Honest with myself/others		Closed to others about problems
	Responsible		Having substance thoughts/cravings
	Forgiving of self/others		Allowing stress to build up
	Working on a goal		Cutting corners in my program
	Encouraging of others		Putting myself in high-risk situations
-	Dishonest		Isolating, withdrawing from support
	Acting impulsively	/	Saying what people want to hear
	Impatient		but feeling differently inside
	Resentful		Critical of others
	Blaming	1	Complacent
	Doubting my disease		Feeling sorry for myself
:	Defensive	H	Rationalizing
	Focusing on someone else		Lacking structure
	Irresponsible		

Ask yourself, am I?	
Angry	Scared
Depressed	Bored
Nervous	Ashamed
Worried	Lonely
Have I allowed myself to get too?	
Hungry	Angry
Lonely	Tired
Have I noticed any of my relapse signs t	today? If so, which ones?
What will you do to deal with your relaps	se signs?
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