

Relapse Prevention

TRIGGERS



Triggers are things that make you remember taking drugs or alcohol. A trigger might be a...



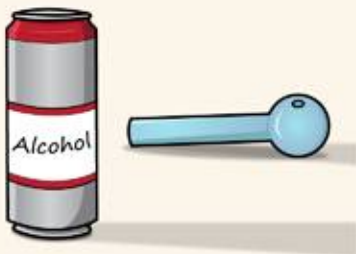
Place – for example, somewhere you used to take drugs or drink.



Person – for example, someone who you used to take drugs or alcohol with.



Emotion – for example, an emotion that you often used to take drugs or drink alcohol when you were feeling.



Object – for example, something you used to take drugs or drink alcohol with.



Time of day – for example, a time when you would normally take drugs.

This is a sample - to order a full copy of this pack please visit www.InnovationWithSubstance.org.uk/rp-pack