

TRIGGERS



- Authority Figures
- Comments
- Toxic People
- Disrespect



- Bars
- Hospitals
- Schools
- Parties



- Movies
- Caffeine
- Smells
- Loud Noises

SYMPTOMS

IDENTIFY TRIGGERS

Understand the potential situations or feelings that could cause you to anger quickly.

- Hunger
- Frustration
- Fear
- Worry

CATCH BODY SENSATIONS

Learn your body's stress response, and pay attention to when you begin experiencing them.

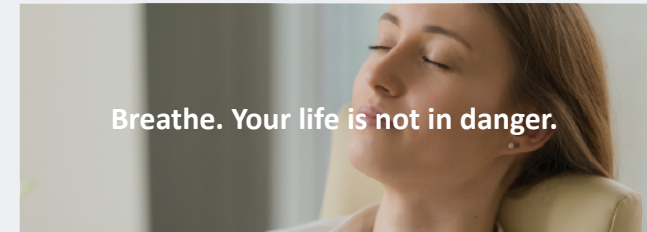
- Dry Mouth
- Heart Racing
- Nausea
- Clenched Fist

RECOGNIZE SELF-TALK

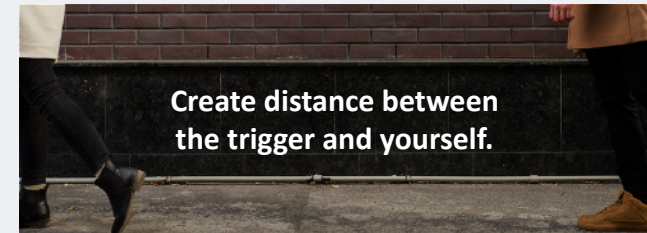
Watch the tone of your self-talk. Take notice when it becomes negative or harmful.

- Justifying
- Minimizing
- Polarizing
- Personalizing

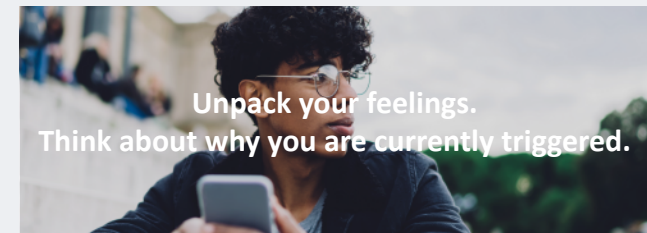
REMEDYS



Breathe. Your life is not in danger.



Create distance between the trigger and yourself.



Unpack your feelings. Think about why you are currently triggered.



Create strategies to avoid your unaddressed triggers in the future.

High-risk situations are often associated with substance abuse recovery and relapse prevention; however, they can refer to any situation that may threaten our mental, emotional, or physical wellbeing. High-risk situations act as triggers and have the potential to lead us down a slippery slope. Understanding that triggers can come from people, places, or things and what effects your personally can help you recognize these situations before they escalate out of control. ©2019 Core IQ. All rights reserved.