

Identifying Triggers

Topic: #503 (use with Sect. D worksheet)

Category: Recovery



Let us examine our ways and test them, and let us return to the LORD. Lamentations 3:20

The first step in taking control of our behavior is to understand the triggers that bring on symptoms. Some triggers are obvious. Other triggers only emerge after close scrutiny over a period of time. Let's begin by identifying the obvious triggers. Think back to times when your behavior has been out of control. (Use with Sect. D worksheet).

1. What emotions were you feeling prior to your behavior?
 2. Have there been certain people that triggered your behavior? Family? Co-workers? Friends?
 3. Are there certain social situations that trigger your behavior? Church? Malls? Weddings? Parties?
 4. What were your sleep, eating, and exercise patterns prior to your behavior?
 5. Were there changes in your medication or health prior to your behavior?
 6. Were there changes in your job prior to your behavior? Hours? Positions? Co-workers?
 7. Were there changes in your living environment prior to your behavior? More/less people? Privacy?
 8. What was the status of major relationships in your life prior to your behavior?
 9. Were you affected by weather, or seasons? Cold? Hot? Rainy? Icy? Humid? Allergies?
 10. What part did finances play in how you behaved? Lost money? Received money? Unexpected bill?
 11. Did any significant events happen prior to your behavior? Births? Deaths? Politics? Terrorism?
- Now look at your list. Mark an "E" by each entry you are able to eliminate. Mark an "R" by each entry you are able to reduce. Mark a "C" by each entry you can learn to cope with.
 - Over the next week think about specific ways you will eliminate, reduce, or cope with your triggers.
 - Also, discuss your list with someone on your support team, see if they have anything to add.
 - Share (if willing) and discuss.

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(Use Section D Worksheet)

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Emotions	Eating Habits	Living Environment
People	Exercise Habits	Major Relationships
Social situations	Medications	Weather
Sleep Pattern	Job/Employment	Finances
		Significant Events

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Identifying Behavior Triggers



Think back to the last few incidents of your undesirable behavior or state of mind. Consider each question in the left column, and record triggers (one per line). You may not have answers under each question. Next, in the column titled "E - R - C", mark E if you can erase the trigger, R if you can reduce the trigger, or C if you can control the trigger. Last, fill out a strategy for how you will either eliminate, reduce, or control the trigger.

Trigger	E - R - C	Strategy
What emotions were you feeling prior to your behavior?		
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
What people trigger your emotions/behavior?		
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
What social situations trigger your behavior?		
_____	_____	_____
_____	_____	_____
_____	_____	_____

How were your sleep patterns different before your behavior?

Trigger

E - R - C

Strategy

How were your eating habits different before your behavior?

How were your exercise habits different before your behavior?

How did your medication level/type change?

Were there changes in your job status or employment?

Had there been any changes in your living conditions?

How had the status of your major relationships changed?

Did changes in the weather affect you?

Trigger

E - R - C

Strategy

Were there changes in your money or finances?

Did any significant events happen prior to your behavior? (Births, politics, national events)

Other triggers?
