

## How do I stay stopped?

It is important that you work out a plan to help you on your way to remaining drug and/or alcohol free. This involves looking at/ reflecting on risky situations, stressors and triggers and then making the necessary changes to your lifestyle to remain in recovery.

Once you know what are risks and triggers are you can PLAN, and BE PREPARED.

Some triggers may include:

- Feelings - boredom, loneliness, sadness, anger, blame
- Arguments and other stressors
- Parties such as weddings, birthday
- Certain days (payday) or times of the day (tea-time)
- Other people using – friends, family
- Bereavements

You now need to take some time to think about your risky situations and triggers that may lead you to have a slip. Complete the questions below. The questions ask you to look at what the triggers are, how you will deal with them and how you may deal with them differently.

When you are faced with a **Trigger/Stressor** how do you feel emotionally/physically?

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What do you do when this happens?

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What could you do differently?

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Trigger/Stressors	How do you feel emotionally/physically when this happens?	What do you do when this happens?	What could you do differently
Example: argument with your partner	Angry and upset Heart races and cannot sit down	Must get out of house so slam door and go to the pub	Go to another room and calm down. Partner is upset. Talk to partner when calmed down and try to sort the argument out



