

Some of my triggers (and my number one trigger):

How can I deal with my triggers?

Avoid the trigger (e.g. Take a route home that is different from where I usually score).

Rearrange my environment (e.g. Don't keep drink/drugs or works in the house).

Develop a new coping plan (e.g. If I have money in my pocket - do something I enjoy with a friend or buy a present).