

Preparation for change

Session 4 –Triggers and Strategies

Today's session is on triggers and strategies

- Welcome
- Introductions
- Group agreements
- What are triggers?
- Ways to deal with triggers
- What can I say to myself?
- Closing round and feedback

Introductions and check in

Hello! ... introductions



What makes me want to use drugs/drink alcohol?

On Flipchart or Zoom whiteboard



My number one trigger

How can I deal with this?



How can I deal with my triggers?

Avoid the trigger

Take a route home that is different from where you normally score.

Avoid going past your dealer's house.

Don't go into bars.

Avoid certain people

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To do this successfully you will have to find some new or different activities.

Rearrange your environment

Don't keep drugs, alcohol or works in the house.

Don't carry money if you know you might meet a user/dealer.

Ways I can distract myself

You have money in your pocket – a trigger for use.

Do something else with it instead – phone a friend and do something you enjoy, buy a present.

Or ... go to the gym, go swimming, join a club



What can I say to myself?

What are the negative thoughts and feelings I have about making changes to my drug or alcohol use?

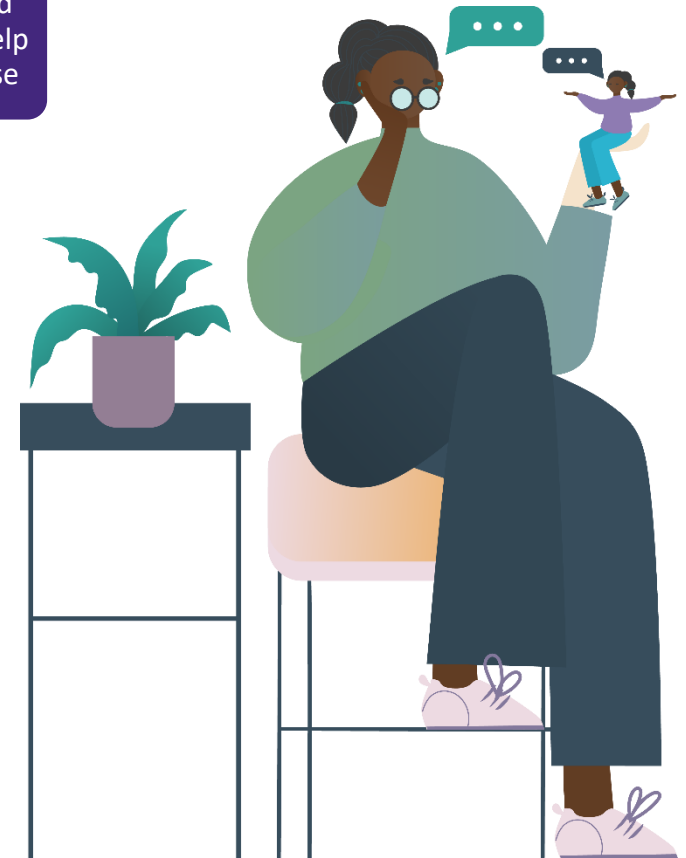
Picture someone you care about in your position. What advice would you offer them?

Focus on the positive results of making changes and why they are important to you

Think of the worse case scenarios and find solutions to help you deal with these

What can I say to myself?

What can I say that will help me to feel more positive?



Feedback

- How has today been?
- Can you say one thing that will help you feel more positive?
- Where might it be useful to keep the work you've done today?
- Reminder about 'Useful Resources' and mutual aid
- Next session will focus on 'strengths'