

# Triggers and Coping Skills

Specific people, places, and things can remind us of past drug use. Avoiding these triggers can be an effective way to reduce the likelihood of relapse. List five people, places, or things that might make you more likely to relapse.

## People, places, and things:

- 1.
- 2.
- 3.
- 4.
- 5.

What if you're unable to avoid these people, places, and things? What if you come into contact with them accidentally? Briefly describe how you can deal with each of the people, places, and things listed above.

## How I can deal with dangerous people, places, and things:

- 1.
- 2.
- 3.
- 4.
- 5.