

Trigger Response Flow

When something triggering happens (an event), pause and ask yourself: What was I feeling or thinking in that moment? This thought often leads to your usual response — an automatic reaction or behavior.

By writing this down, you create space to reflect. From there, challenge yourself to explore an alternative response — something more supportive of your goals, values, or recovery. Over time, this practice can help you recognize patterns and build more intentional coping strategies.



Triggers

A **stimulus** that prompts an unwanted emotional or behavioral response. Triggers may include people, places, situations, or objects that automatically activate distress, anxiety, or other difficult reactions, often based on past experiences or associations.

The Problem ?

Describe the problem that your triggers are contributing to. What's the worst case scenario, if you are exposed to your triggers?

Trigger Categories

Triggers come in many forms - like how a sudden backfiring car might instantly put you on high alert. To discover your own triggers, consider each category below. Does a particular sound send your heart racing? Do certain crowded environments make you feel unsafe? Note your responses in the spaces provided.

Emotional State	
People	
Places	
Things	
Thoughts	
Activities/Situations	

Tips for Dealing with Triggers

- Look, avoiding triggers isn't running away - it's tactical wisdom. Adjust your surroundings, relationships, and routines to protect your peace. There's no medal for needlessly walking into emotional ambushes.
- When you can't avoid triggers (because life happens), have your personal toolkit ready. Figure out what actually brings you back to center - that breathing technique, your buddy on speed-dial, or that phrase that reminds you "I'm here now, not there."
- Don't wait for the storm to practice using your umbrella. The quiet moments are your training ground. Just like you didn't learn military skills during combat, your coping strategies need regular practice when things are calm.

Triggers



In this section, you will develop a plan to deal with your three biggest triggers. Review your plan frequently and practice your strategies.

Describe your three biggest triggers in detail.

Trigger

#1

#2

#3

Describe your strategy for reducing or avoiding exposure to trigger or when you simply cannot avoid it any longer

Trigger

#1

#2

#3

Recovery Progress Tracker

Week Of (Date)	Successes & Wins	Challenges and Obstacles	Self-Rating (1-10)	Action Steps for Next Week

Monthly Reflection

Month: _____

Major Achievements this month: Lessons Learned:

Key challenges faced this month: Goals for next month:

Celebration and Encouragement

This month I'm proud of:

.....
I will reward myself by:

.....

Daily Tracking Sheet

Date _____



Instructions: Use this sheet to track your day. The goal is to build awareness, not to judge yourself. Tracking helps spot patterns and build healthier routines over time.

How am I feeling this morning?

Great Good Okay Not good Awful

Substance Use Log

Did you use any substances today?

Yes No

If Yes:

What did you use? _____

How much? _____

What time? _____

What was your urge before using? (0-10) _____

What was your urge after using? (0-10) _____

Trigger Check

Did anything trigger your urge to use?

Yes No

If Yes:

What was the trigger (e.g., stress, boredom, social pressure)? _____

Where were you? _____

Who were you with? _____

Coping Strategy Used

What did you do to manage the urge or emotion?

Deep Breathing Journaling
 Called Someone Walked
 Distracted myself DBT/CBT Skill: _____

Routine and Self-Care Check-In

Did you eat today? Yes No

Skipped Meals? Yes No

Did you sleep well? Yes No

Any exercise or movement? Yes No

Positive Activity you did today:

Reflection Notes

Something that went well today:

Something I want to do differently tomorrow:

PROGRESSIVE MUSCLE RELAXATION (PMR)



Diaphragmatic (Belly) Breathing

1

INHALE



EXHALE



Sit or lie comfortably, place one hand on your chest and one on your belly.

2

Practice for 5–10 breaths, focusing on the sensation of your diaphragm moving.



This deep-breathing recruits the parasympathetic (“rest-and-digest”) system to calm anxiety.

5-4-3-2-1

Sensory Grounding

5



things you can see

4



things you can touch

3



things you can hear

2



things you can smell

1



thing you can taste

BODY RESPONSE MAP

Notice these signals as early warning signs before cravings—ground yourself to stay calm.

HEADACHE / DIZZINESS



HEART RACING / CHEST TIGHTNESS



JAW CLENCHING



SHALLOW BREATHING



BUTTERFLIES / UPSET STOMACH



TREMBLING / WEAK KNEES



These body cues are early signs before substance use urges. Learn grounding exercises to stay calm and in control.

Relapse Prevention

Traffic Light



WHEEL OF WELL-BEING

Well-being is a state of thriving influenced by both an individual's wellness and the communities to which they belong



[IMAGE: Progress Timeline] - A visual timeline that shows progress over time, allowing users to see their journey and mark milestones.

Mile stone (stage 1)

Mile stone (stage 2)

Mile stone (stage 3)

Mile stone (stage 4)

Mile stone (stage 5)

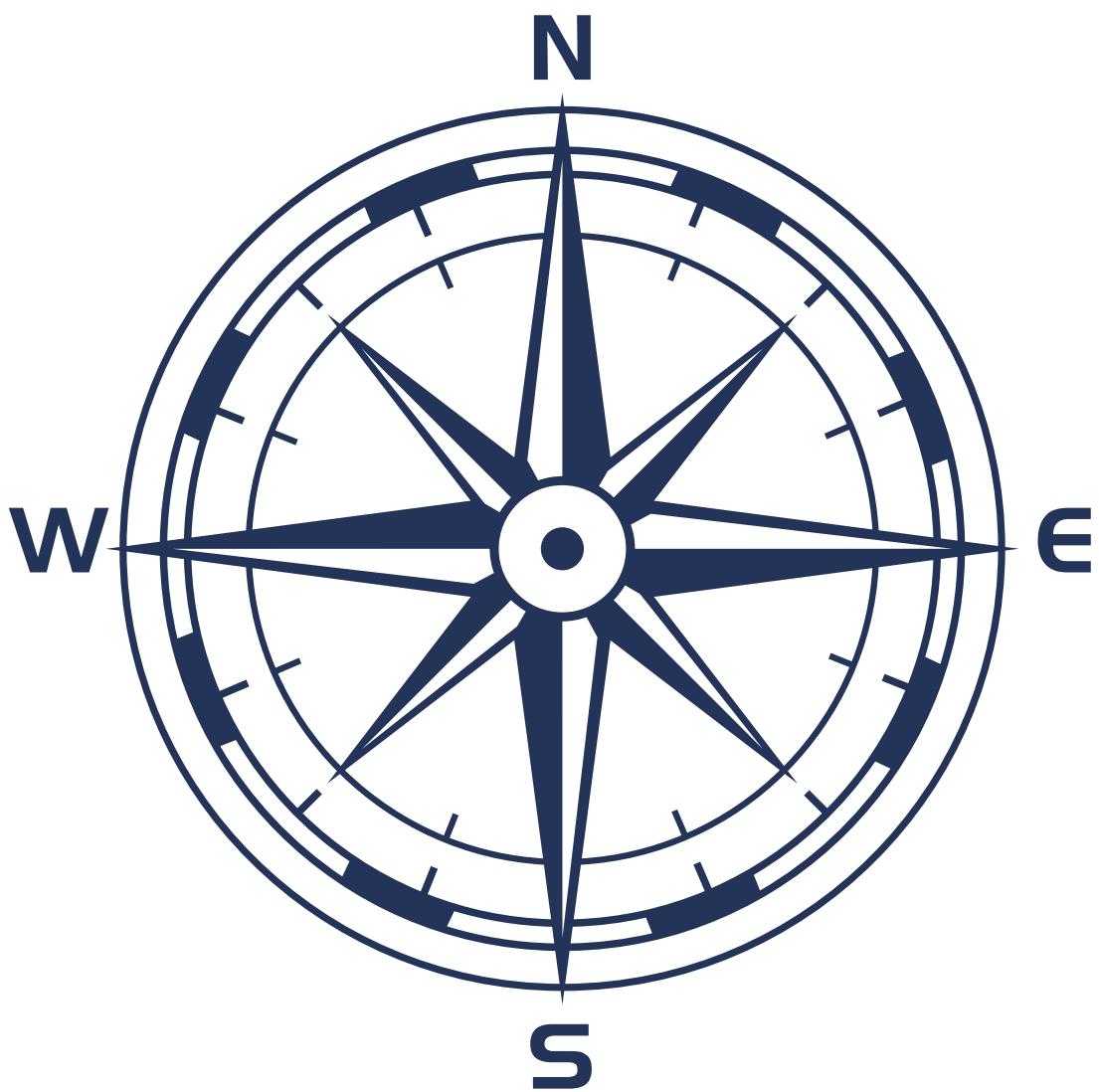
**End of flows milestone/accomplishment
progression step, etc**

**Appreciate yourself for
showing up today.**



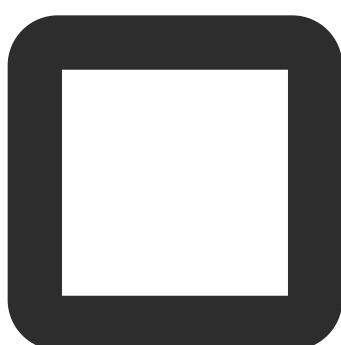
**Sometimes shifts in life
begin just as a seed
beneath the soil.**

Recognizing Things To Change



You are begging to see things more clearly, one thought, and one day at a time

Gathering Strength



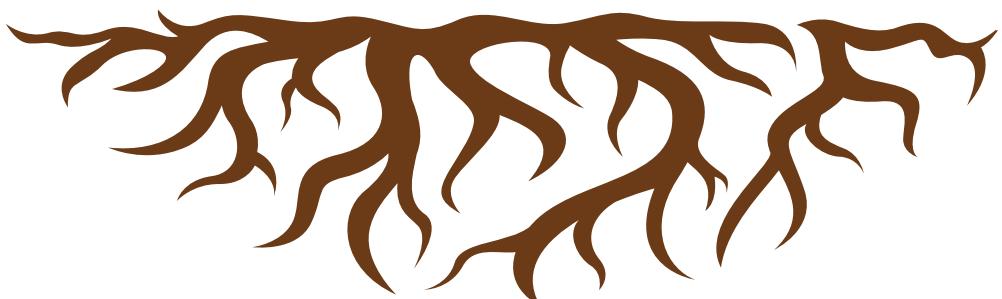
Appreciate your efforts.
You are packing things
into your toolkit for
success.

Taking Action!



**Keep up the good work!
Every step you take will
shape your journey!**

Sustaining Growth!



The progress you are
making continues to
flourish. Keep going!

[IMAGE: Before/After Comparison Template] - A template for comparing experiences before and after changing cannabis use patterns.

ideas:

a scale-

1-10 how did you feel about overall life satisfaction prior to making changes (etc)

and then a 1-10 scale how are you feeling today

and come up with 2-3 ranges of the combination to provide a positive image

- 1 lower (boost up message to keep going etc)
- 2 (congraduations keep going)
- 3 (awesome job etc)

this is what i think about given the prompt but its “comparing experiences” not sure if im headed in right direction

thoughts?