



What's Your Trigger



Identify Things That Trigger Your Challenges

Overcoming your challenges usually takes a lot of work and you may experience setbacks for a variety of reasons. Setbacks most commonly occur when you stop practicing the psychological skills you learned to overcome your challenges. They can also occur when you are under a lot of stress. At other times, a setback can be triggered by a certain event. Sometimes a setback can occur because of a change in your lifestyle (sleeping, eating, practice) or because you have made some unhealthy choices like drinking too much or taking drugs.

Try not to be upset if you have a setback with your challenges, even if unwanted symptoms reoccur. Setbacks are common because stress and change are constant. Remember, you are not back to where you started. Setbacks are temporary, and just a sign you need to pay attention to the kind of life you want to live every day.

The easiest way to avoid setbacks is to prepare for them. Filling out this worksheet will help you think about the kinds of things that can cause a setback and recognize the early signs that your challenges may be recurring.

Prevention

Write down the most likely situations that could cause a setback.

What are some specific triggers, including people, places, thoughts, and behaviors, that might cause a setback?

What are some early signs that might mean you are having a setback?

Write down two or three people you can ask to tell you if they see early signs of a setback.



Have you started doing anything to avoid situations that caused your challenges?

Have you started doing anything to mask your challenges (for example, drinking, taking drugs, or other escapist behavior)?

Have you had any changes in medication that might be affecting your mood and behavior?

Are you having negative thoughts about yourself that you know are not really true? If yes, what are they?

What are the most effective skills you used before to deal with your original challenges?

What is the most important thing you can do if you see an early sign that your challenges are coming back?

Makes a list of at least five things you can do to avoid having a setback:

What did you learn from this practice?

