MODULE 3:

Identifying Triggers and Healthy Alternatives

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Learning Objectives

By the end of this module you will understand:

- **Define and identify internal and external triggers** to use alcohol and other drugs
- **Establish healthy alternatives** to deal with urges to use alcohol and other drugs by:
  - Identifying realistic substance-free alternatives
  - Developing effective communication strategies
  - Engaging in mindfulness

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Welcome Back!

Review:

- ★ Substance Use Self Assessment

Reminder of our Group Agreements

- ★ Respect
- ★ Maintain Confidentiality
- ★ Sensitivity to Diversity
- ★ Speak for Yourself
- ★ You are responsible for your own learning

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Topic 1: Identifying Triggers

Key Points:

- Trigger: anything that makes you feel the need or urge to use alcohol and/or other drugs
- Identifying triggers is an important step in recognizing when you may be at risk to use.
- There are strategies that you can use in those moments as healthy alternatives to alcohol and other drug use

Topic 1: Identifying Triggers

Types of Triggers

Internal Triggers
(Feelings, Physiological)

External Triggers
(People, Places, Things, Situations)

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Topic 2: Healthy Alternatives

Key Points:

- It is important to be equipped with multiple strategies to cope with urges to use
- You will explore strategies to identify realistic substance-free activities, learn effective communication strategies, and practice mindfulness

Realistic Substance-Free Activities

Worksheet 3-1: Realistic Substance-Free Activities

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Effective Communication Strategies

Video 3-1: Effective Communication Strategies

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Mindfulness

Audio 3-1: Leaf-Like Guided Mindfulness Meditation

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WINDING DOWN

- ❑ Review identified triggers
- ❑ Review strategies and tools to manage urges and cravings in a healthier way
- ❑ **Between now and next time:** Document events that may have been triggering, how you managed that trigger, and if it worked
  - ❑ Worksheet 3-2: Monitoring Triggers and Strategies

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