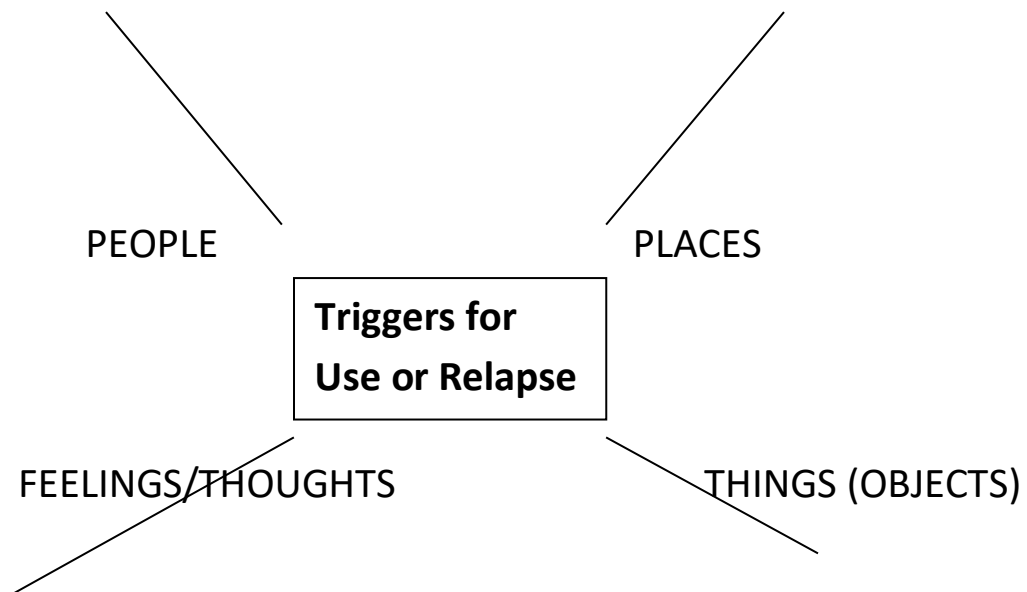


## Triggers for Substance Use:

There are 4 categories of triggers for substance use and/or relapse.

- People
- Places
- Feelings/Thoughts
- Things (Objects)



**Ticket:**

Welcomed Sobriety Circle clients this morning and opened process session with the Serenity Prayer. After brief check-in proceeded to talk about the importance of “self-awareness” in monitoring our ever present “triggers” for relapse. Mind-mapped Triggers. Clients willing to share their ideas and struggle with various triggers. Excellent participation – clients enjoyed the mind-map format.

**Plan:**

- Continue with Step 1 next session.
- Continue encouraging active participation for maximum benefit.

**Individual:**

active in mind-mapping and sharing with peers. Doing well.