Coping with helpful images:

- A happy, proud me that didn't use
- Imagining myself 24hrs from now if I do use
- A wave passing
- Supportive friends
- A beautiful sunrise over mountains
- A goal I have in mind

Add your own:

getting ready for next time

Relapse happens, forgive yourself. Relapse is a process that can start with very small things that grow and overwhelm us. By recognizing triggers early on, you can slow down or stop the process.

Different things may work for you than for your friends - and it is worth finding out what helps you best!

Further support is available - ask for help from health care workers and other people you can trust.

Other brochures in the harm reduction learning series:

- Crack (rock) cocaine
- Safer injection information for drug users
- Vein care
- Common infections from injection drug use
- O.D. overdose, crashing
- The safer fix

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the cause of triggers

Understanding the cause of triggers can help take their power away. The examples below give an idea about what to look out for. You might want to circle the top 3 that are triggers for you.

Things?
Money in your pocket • lighters • pill bottles • credit cards • seeing drugs or alcohol.

Events?
Cheque issue day • pawnshops • running into your dealer • drug talk • eviction.

People?
Missing friends • a drug buddy • your dealer • your family.

Places?
Your financial aid worker office • hospital • back alleys • the neighbourhood • the place where you usually get drugs.

Behaviours and activities?
Shopping • fights • watching someone on the nod • breaking up.

Feelings?
Bored • lonely • frustrated • relaxed • insecure • excited • ashamed • confident • anxious • left out • depressed • grieving • normal • “what’s the use?” • fear • being in pain • tired.

Add your own:

Coping with triggers

Did something or someone just remind you of using?
Are you restless? Craving? Triggered?
Read on to see what you can do right now.
Get ready for next time.

Coping by thinking or self-talk:
This will pass. • I am not going to use. • I will get through this. • I will be proud of not using. • I can do something different. • This won’t take me where I want to go. • Stop. • I have other choices.

Add your own:

Coping by doing:
Call non-using friend. • Leave the area. • Peel an apple. • Sing a song. • Meditate. • Go to a meeting. • Call a sponsor. • Write a letter. • Draw a picture. • Close your eyes. • Visit a place that holds good memories. • Breathe deeply.

Add your own:

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