

HEALTHY MINDS
A WEEKLY COLUMN ALL ABOUT MENTAL WELLNESS
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Identifying Triggers



A trigger is a mechanism that actuates a firearm. We have triggers in our everyday experiences or in our minds, that set off certain patterns of behavior. In the case of alcohol or drug abuse, there are events that will knock even the most dedicated recovering addict back into drug or alcohol use. (There are other internal triggers called trauma triggers, which are events causing traumatic memories or feelings to resurface. These may be temptations, and are often caused by things in the home that remind them of drinking or drug use, or visiting places where other people encourage use, or spending time with people who have influenced them in this way in the past.

Some people are tempted to use when they are feeling down and out. Instead of talking to a supportive friend or family member, or watching an upbeat movie, or taking a walk and resisting the temptation, they succumb instead.

Sometimes if we are in physical pain we self-medicate with drugs or alcohol. Those who are addicted to pain killers often find it difficult to get legal pain-killers after they establish a record as an offender. In the current state of technology, drug purchases and doctors' visits are clearly tracked.

Sometimes we are in a positive social situation, but social drinking or recreational drug use occurs. It is here where we must be courageously strong and resist. No thank you works. You just have to say it and then hang tough.

Sometimes cravings and urges just pop up. We have to resist – kind of like changing the subject and focusing on something else. Eat something good. Talk to a friend. Do exercises. Take a walk. Read a good book. Watch a good movie (but not one about drinking).

Being strong and tough is the answer. It is the difference between men and boys, and between women and girls. It's called GROWING UP and being a responsible adult. It's tough, but that's the best way to survive.

WEBSITE OF THE WEEK: RESISTING TEMPTATION: Why You Succumb to Weakness and How You

http://behavioural-psychology.suite101.com/article.cfm/giving_in_to_temptation