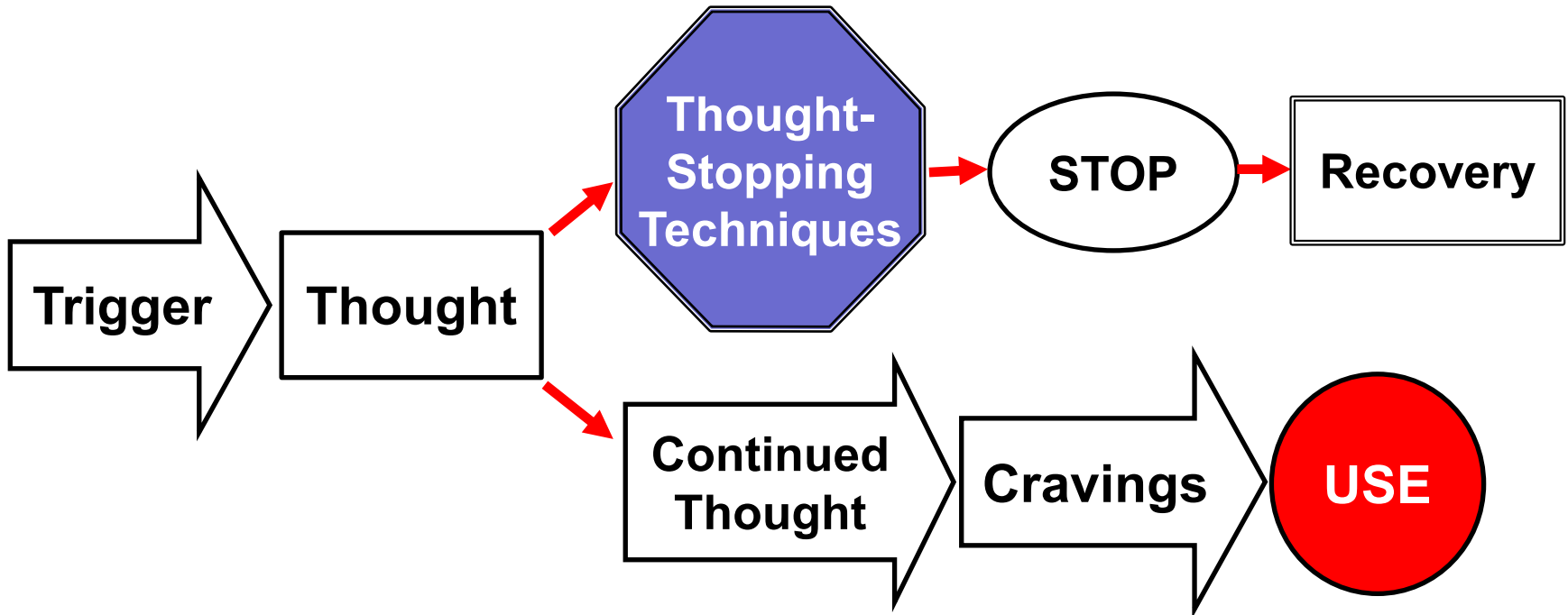


Psycho-Education for Patients and Family Members

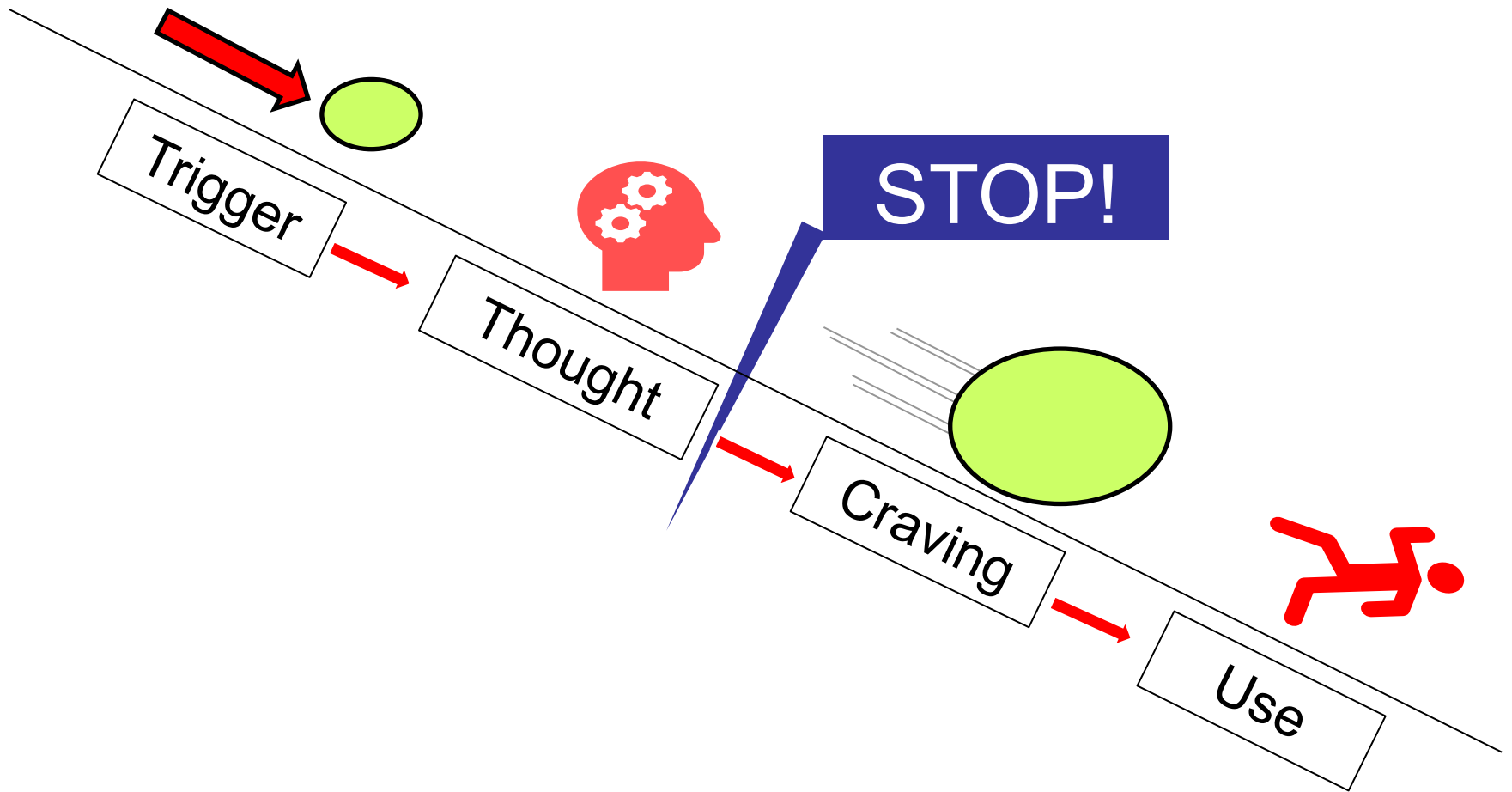
# **Session 8: Roadmap for Recovery (2)**

# Triggers and Thought Stopping



# Triggers and Thought Stopping

Interruption of sequence



# Triggers and Thought Stopping

## Types of Triggers

*Triggers can relate to:*

- People
- Places
- Things
- Times
- Emotional states

## Questions:

- *What are examples of the triggers in each category that lead to the thought of using?*
  - *People*
  - *Places*
  - *Things*
  - *Times*
  - *Emotional states*
- *What are strategies to avoid those triggers?*

# Triggers and Thought Stopping

## Triggers - People

- Friends or family members who use drugs/dealers
- Drug dealers
- Absence of significant other (loneliness)
- Partners in drug-related sexual activity
- People discussing drug use



# Triggers and Thought Stopping

## Triggers - Places

- Drug dealer's home
- Bars and clubs
- Gambling areas
- Drug use neighborhoods
- Work
- Some street corners
- *Anyplace* associated with use



# Triggers and Thought Stopping

## Triggers - Things

- Drug paraphernalia
- Money/ATMs
- Movies/TV shows about drugs and alcohol
- Sexually explicit magazines/movies
- Certain music
- Cigarette
- Gambling
- Secondary drug or alcohol use





# Triggers and Thought Stopping

## Triggers - Times

- Idle time
- Stressful times
- After work
- Holidays
- Birthdays/anniversaries
- Paydays
- Friday/Saturday nights



# Triggers and Thought Stopping

## Triggers - *Emotional States*

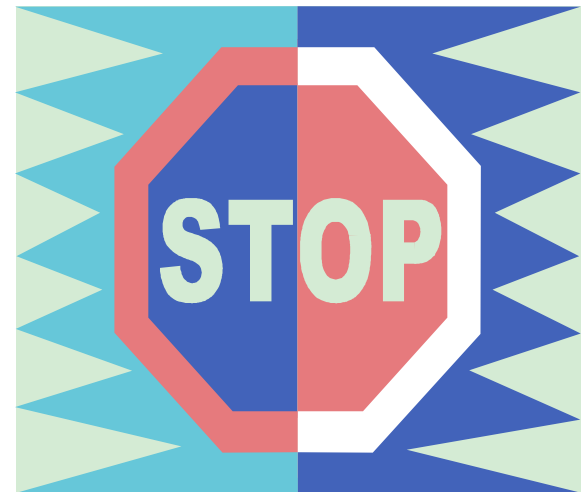
- Anxiety
- Fatigue
- Depression
- Anger
- Boredom
- Frustration
- Fear
- Loneliness
- Concern about weight gain
- Sexual arousal *or* deprivation



# Triggers and Thought Stopping

## Thought Stopping

- Learn to recognize “using thoughts”
- Apply thought-stopping techniques:
  - Visualization
  - Rubber band snap
  - Relax
  - Call someone
- Move to other places



# Triggers and Thought Stopping

## Non-trigger Activities

- Exercise
- Meditation or prayer
- 12-Step/self-help group meetings
- New recreation/hobby
- Religious or spiritual activities
- Eating/sleeping
- Non–drug-oriented movies
- Structured/monitored periods



# Secondary Drugs and Alcohol

*Use of a secondary drug or alcohol may lead to relapse to Shabu through:*

- Cortical disinhibition (decreased function of a brain part)
- Stimulant craving induction
- 12-Step philosophy conflict
- Abstinence violation effect
- Interference with new behaviors

# Relapse Justification

*The addicted brain attempts to provide a seemingly rational reason (justification) for behavior that moves a person in recovery closer to a slip.*

- Other people made me do it.
- I needed it for a specific purpose.
- I was testing myself.
- It wasn't my fault.
- It was an accident.
- I felt bad.

## Question:

- *What are some other examples of relapse justification using “Other people made me do it”?*

### Examples:

- My wife used so ...
- I was doing fine until he brought home ...
- I went to the beach with my sister and ...
- My brother came over for dinner and brought some ...
- I wanted to see my friend just once more, and he offered me some ...

## Question:

- *What are some other examples of relapse justification using “I needed it for a specific purpose”?*

### Examples:

- I was getting fat again and needed to control my weight, so I ...
- I couldn't get the energy I needed without ...
- I can't have fun without ...
- Life is too boring without ...
- I can't be comfortable in social situations or meet people without ...



## Question:

- *What are some other examples of relapse justification using “I was testing myself”?*

### Examples:

- I wanted to see whether it would “work better” now that I’ve been clean awhile.
- I wanted to see my friends again, and I’m stronger now.
- I needed a little money and thought I could sell a little without using.
- I wanted to see whether I could use just a little and no more.
- I wanted to see whether I could be around it and say no.
- I thought I could drink without using.

## Question:

- *What are some other examples of relapse justification using “It wasn’t my fault”?*

### Examples:

- It was right before my period, and I was depressed.
- I had an argument with my spouse.
- My parents were bugging me.
- My partner was intimate with another person.
- The weather was gloomy.
- I was only going to take a hit and ...

## Question:

- *What are some other examples of relapse justification using “It was an accident”?*

### Examples:

- I was in a bar, and someone offered me some Shabu.
- I was at work, and someone offered ...
- I found some in my car.
- I went to a movie about ...
- A friend called to see how I was doing. We were talking and decided to get together.

## Question:

- *What are some other examples of relapse justification using “I felt bad”?*

### Examples:

- Life is so boring I may as well use.
- I was feeling depressed, so ...
- My job wasn't going well and I was frustrated, so ...
- I was feeling sorry for myself, so I ...
- Recovery is just too hard.