

# Avoiding Triggers

In general, triggers are events that make you want to act out. A few examples are offered for each category.

Your triggers

<p>A. People</p> <ol style="list-style-type: none"> <li>1. Being around people who are shaming or with whom you have conflicts</li> <li>2. Family</li> <li>3. Friends</li> <li>4. Dating/romance (including seeing old lovers, partners, etc.)</li> <li>5. Coworkers</li> <li>6. Authority figures</li> </ol>	
<p>B. Places</p> <ol style="list-style-type: none"> <li>1. Old cruise haunts</li> <li>2. Places that are heavily laden with emotional memories</li> </ol>	
<p>C. Things</p> <ol style="list-style-type: none"> <li>1. Auto accident</li> <li>2. Souvenirs of past encounters</li> </ol>	
<p>D. Toxic thoughts</p> <ol style="list-style-type: none"> <li>1. All or nothing thinking, catastrophizing, other cognitive distortions</li> </ol>	
<p>E. Toxic feelings</p> <ol style="list-style-type: none"> <li>1. HALT - hungry, angry, lonely, tired</li> <li>2. Anxiety, depression, shame</li> </ol>	
<p>F. Toxic behaviors</p> <ol style="list-style-type: none"> <li>1. Trading sex stories at work</li> <li>2. Leaving late for an appointment</li> </ol>	

**On a separate page** list ways you can avoid each trigger, as well as what you can do to cope after an important trigger has happened.