TRIGGER LIST

Step One is all about how powerless we are. Although we are powerless over the disease of alcoholism, (once a pickle we can never be a cucumber again), we are not powerless over our attitudes and actions. It's therefore very important, from the beginning of our recovery, to look at what triggered our drinking and using when we were active, and what could possibly trigger us now in sobriety. Some triggers might be getting a promotion, having a romantic breakup, losing a job, getting cash in our pockets, hanging around old friends that are not sober, going in stores, restaurants, bars, clubs, or concerts where alcohol is sold or consumed, isolating, missing meetings, not calling sponsor, not working my steps, not praying, etc. This area below provides the space to enter your triggers and possible solutions to prevent the trigger from taking you out.

MY PERSONAL TRIGGERS	POSSIBLE SOLUTIONS/ACTIONS TO PREVENT SLIP

By signing here, I agree to practice the solutions and/or try to avoid my triggers: _____