

3. Should you be doing more to prevent relapse from happening?

Yes No *(If yes, please explain.)*

All recovering people have certain people, places, emotions, and things that are somehow associated with drinking or using drugs.

Triggers

All recovering people have certain people, places, emotions, and things that are somehow associated with drinking or using drugs. These people, places, things, and feelings are so closely associated with drug use that they can trigger thoughts about using. These high-risk people, places, things, and feelings are called *triggers*.

How do triggers lead to relapse?

- Triggers automatically lead to thoughts about drinking or drug use.
- Thoughts about drugs and alcohol lead to craving.
- Craving can lead to relapse.

Remember that using drugs and alcohol causes chemical changes in the brain. These changes may make you more vulnerable to relapse. These changes may be memories or associations that connect feelings, people, places, and things with the urge to use

drugs or alcohol. These are actual physical

changes in the brain that make you more likely to relapse. Therefore, it is critical to put into place strategies to prevent relapse.





EXERCISE 3

Please answer the following questions:

1. In your words, describe how (1) triggers lead to thoughts about drinking or drug use, (2) these thoughts lead to cravings, and (3) cravings lead to relapse.

2. What do you think are some ways in which you can interrupt this cycle?

**It is critical to put
into place strategies
to prevent relapse.**