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UNDERSTANDING THROUGH EVIDENCE



SERIES:
Substance Use and Recovery



LEARN



BUILD KNOWLEDGE. UNDERSTAND MORE.

What is a Trigger?

A **trigger** is anything—an event, situation, memory, thought, or sensation—that sets off a strong emotional or physical response. It can bring up **stress**, uncomfortable feelings, or past experiences, sometimes without warning.



Internal Triggers

Internal triggers come from inside you. They are emotions or physical states that set off stress, cravings, or old memories.

Examples:

- Angry
- Bored
- Sad
- Hungry
- Anxious
- Tired
- Lonely
- Ill



External Triggers – People

People around you can be triggers. Certain people or the way they act can bring up stress, cravings, or painful memories.

Examples:

- A person who makes you angry
- Someone who criticizes you
- An ex or past abuser
- People you used with
- Crowds or strangers



External Triggers – Places

Places can trigger stress, cravings, or memories. Being in certain locations can bring back feelings or old habits.

Examples:

- A place where you were abused
- Work or school
- A place you used to use
- Someone else's house
- Certain neighborhoods or stores



External Triggers – Things

Things you see, touch, or smell can be triggers. Objects can bring back stress, cravings, or old memories.

Examples:

- Objects you had around you while being abused
- A tool you attach to stress (e.g., a pencil if math stresses you)
- Drug paraphernalia
- Certain smells or sounds



Need More Support?

You don't have to go through this alone. Help is available 24/7.



988
Suicide & Crisis Lifeline
Call or text 988 or
chat at 988lifeline.org



FindTreatment.gov
Confidential help
for substance use
and mental health.



FindHelp.org
Connect with local
services and support
in your area.

For more
resources,
visit
kkmeine.com
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