

## What Are Your Triggers?

### Exercise

A 'trigger' is something that causes a negative emotional response. The emotional response can be fear, sadness or panic, for example, as well as physical symptoms associated with these emotions (shaking, loss of appetite, fatigue, and so on).

To get started, what is triggering for you? Look at the list of typical triggers below.

**Which ones do you relate to?**

- Seeing alcohol or drug-related items (e.g. empty bottles, vape pens, lighter, rolling papers, etc.) amongst your child's belongings
- Suspecting or knowing your child is under the influence
- Not listening or not following through on requests
- Talking back, yelling or cursing
- The silent treatment, withdrawing or avoiding contact with the family
- Being untruthful
- Not returning calls or texts promptly
- Emotional outbursts where your child is angry or upset
- Problems with your child's choice of friends
- Worry that your child will hurt him or herself if substance use continues
- Poor academic performance or concerns related to job responsibilities
- Fear that your child will get in trouble with the law

**What emotions do you experience?**

**How did you respond?**

**What have you tried in the past that allows you to **STOP** and pause before acting?**