NEW DAY RECOVERY

Session 5 Handout

# Top-5 Trigger Map

*From Session 5. A trigger is information, not a character flaw. Today everyone leaves with their five highest-risk triggers named, rated, and paired with a written way out.*

**Name:** _____ **Date:** _____

Triggers are learned associations — the brain linked the cue to relief — which means they can be mapped, anticipated, and gradually weakened. External triggers are handled first by distance and design (routes, contacts, cash handling); internal triggers are handled by skills.

| Trigger | Risk (1–10) | My way of escape — who I call, where I go, what I say to leave | Held to it by |
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Rate them honestly. A trigger list where everything is a “10” helps no one. Every escape must be concrete — “call Marcus and go to the house meeting” passes; “try harder” does not.

Homework: choose your highest-rated avoidable trigger and avoid it all week by design (route, contact, or cash plan). Log any moment the internal triggers fire and what you did.