|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Coping Skill or Trigger

|  |  |
| --- | --- |
| **1.** going for a walk | **A.** coping skill |
| **2.** people still in active addiction | **B.** coping skill |
| **3.** stressful situations | **C.** coping skill |
| **4.** waiting to respond | **D.** trigger |
| **5.** old hangouts | **E.** trigger |
| **6.** attending a meeting | **F.** coping skill |
| **7.** traumatic event | **G.** trigger |
| **8.** talking with a trusted person | **H.** coping skill |
| **9.** suppressing our feelings | **I.** trigger |
| **10.** writing in a journal | **J.** coping skill |
| **11.** allowing boredom to set in | **K.** trigger |
| **12.** staying active in a sober lifestyle | **L.** trigger |