



GETTING SQUARED AWAY
RECOVERY ACADEMY™

RECOVERY CONVERSATION 28

TRIGGERS ARE MORE THAN PEOPLE, PLACES, AND THINGS

YOUR RECOVERY TOOL

Use this tool after watching Episode 28. There are no perfect answers.
The purpose is awareness, reflection, and one intentional next step.

1 THE SQUARED AWAY RECOVERY CHECKPOINT™

Where am I right now?

Thinking about the past seven days, how aware have I been of the external and internal triggers that affect me?

Not Aware 1 2 3 4 5 Very Aware

One trigger I understand more clearly now is:

2 THE SQUARED AWAY RECOVERY COMPASS™

Which direction am I moving?

When I am triggered, where does my response tend to move?

☐ React/escape ☐ Hide/avoid ☐ Notice/name/respond

What would a healthier response look like today?

3 THE SQUARED AWAY RECOVERY JOURNAL™

What do I need to understand?

1. WHAT HAPPENED? - Identify one external trigger: a person, place, situation, memory, or event.

2. WHAT HAPPENED INSIDE ME? - What emotion, thought, memory, physical state, urge, or craving followed?

4 THIS WEEK'S MISSION™

What will I actually do?

This week, build one part of your personal trigger map. Notice the trigger, name what happens inside you, and choose a healthier response.

The trigger I will watch for is:

When it appears, I will:

MISSION TRACKER

Did I notice a trigger and choose my response today?

MON TUE WED THU FRI SAT SUN

☐ ☐ ☐ ☐ ☐ ☐ ☐

WEEKLY REFLECTION:

What changed when I treated a trigger as information instead of a command?

GO DEEPER

The Squared Away Recovery Checkpoint™, Recovery Compass™, Recovery Journal™, and This Week's Mission™ are recurring tools in the Getting Squared Away approach.

In Getting Squared Away: Rebuilding the Whole Person After Addiction - and in future companion workbook materials - you will find expanded exercises for identifying external and internal triggers, following the trigger chain, recognizing underlying needs, planning for high-risk situations, and practicing healthier responses.

Understanding is the first step. Application is where change happens.

A TRIGGER IS INFORMATION. IT IS NOT AN INSTRUCTION.

IMPORTANT: This tool is for educational and personal reflection purposes only. It does not replace professional medical, psychological, or therapeutic advice. If you are in the U.S. and in crisis, call or text 988. If you are in immediate danger, call 911 or go to the nearest emergency department.

You are not alone. RECOVERY IS POSSIBLE.

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