

# Triggers And Coping Skills

Understanding your triggers is a major part of being mindful about your mental health and wellness while in therapy and recovery. It is also important to be aware of what coping skills help you most when you are faced with a trigger.

**Directions:** In the spaces below, identify your 4 strongest triggers. For each trigger, identify which coping skill helps you the most when trying to overcome them.

Trigger	Coping Skill
1.	
2.	
3.	
4.	