

Name: _____ Date: _____

Coping Skill or Trigger

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|---|-----------------|
| 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 |