




KCB Recovery

Reprogramming the Mind to Address Triggers



The mind only changes its reaction to triggers after you have cultivated patterns that help you process them in a manner contrary to how you used to.

The aim of this exercise is to enable you to reprogram your mind to deal with triggers differently, by adjusting how you perceive triggers.

You will need to understand/recall the usual chain of events that transpires when there is a trigger.

For example, your co-worker may invite you for a drink at a local pub. You've promised yourself that you won't drink if you go to the pub. Yet, you don't want to be a party pooper, you decide to go and have just one drink – no harm. What damage one beer can do? Once you've had the first beer, it leads to a second, third. Slowly you slip back into a habit of excessive drinking.

Also, this may take the form of internal triggers. For instance, whenever you feel anxious, nervous, depressed or have a breakdown, your first reaction is to drink or medicate.

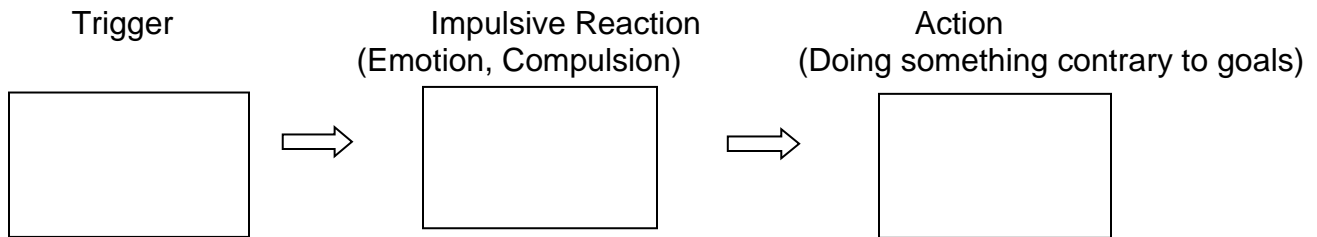
While you may not have complete control over triggers, you can reprogram your mind to react to the thought that comes quickly after. For example, you go to the pub with your co-workers for a beer, but you don't have to order a beer. You can order a ginger ale instead. The new programming will gradually take center focus in your brain.

If you feel deflated, instead of engaging in substance use, exercise or take a nap (or do something else that is beneficial for you and distracting). Once you establish a suitable alternative, your mind will adapt to this new form of habit.

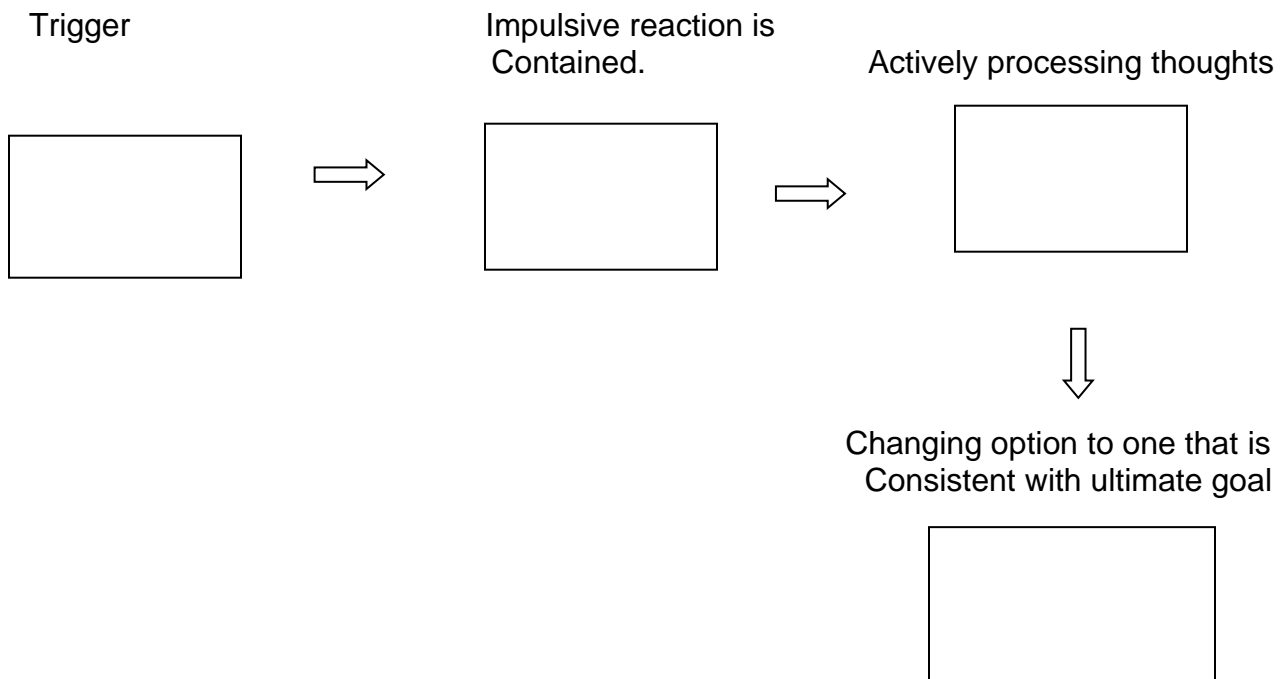
Granted, this will feel strange in the beginning as you are restructuring your brain to conduct itself contrary to how it usually does. However, if you continue the practice of finding suitable alternatives, you will be surprised how things will change.

Before Reprogramming your Mind

Fill in your answers in the boxes below



After Reprogramming your mind





Reflection Questions

How has this exercise Changed your perspective?

Did you learn anything from this exercise? If so, please specify.



Make 1 new commitment to yourself:

Do you need additional support and hand holding? Schedule a Call Session with a KCB Certified Recovery Coach to walk through your worksheet with you and the steps for your recovery.

[Click here to Schedule your Recovery Call today](#)