

# Tips and Alerts

## Oneida County Prevention Council Bulletin

### Contact Us

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### Office Hours

Monday – Friday, 8:30AM to 4:00PM

### Website

[www.WhenTheresHelpTheresHope.com](http://www.WhenTheresHelpTheresHope.com)



## Triggers for Substance Abuse

Addictions often start as casual habits. As you continue to engage in a behavior or use a certain substance, you may, in time, develop a compulsion to continue the behavior. These compulsions are often associated with certain stimuli: something environmental, social or personal that acts as a queue to turn to substance abuse. These stimuli are often called triggers, and as addictive behavior continues, it is common for these addiction triggers to become stronger.

Common triggers that can lead to addiction include stress, people, locations, moods, dates, and smells. Learning how to identify triggers and develop strategies to manage cravings are core aspects of most addiction recovery programs.

Triggers are highly personal. To manage your addiction triggers, you first must identify them. Are they social, emotional, or environmental triggers? Once triggers are identified, create a plan to cope with exposure to them. Know that bumping into a certain person or passing a bar or liquor store may leave you in a vulnerable place. Have an accountability plan to help you prevent a slip-up in these situations. This may include calling someone in your support network, journaling, or removing yourself from a stressful situation.

## Did you know?

According to the National Institute of Drug Abuse, emotions are often associated with substance abuse. These feelings can serve to quickly trigger certain behaviors or substance abuse:

- Anger
- Loneliness
- Anxiety
- Exhaustion
- Frustration
- Depression

Learn which of your emotions is most likely to be your trigger, and then develop a plan to identify it early and diffuse it quickly. It takes practice, but you can be in control of your emotions.

If you are interested in learning more about how you can get involved with Oneida County Communities that Care Coalition, or if you have any questions, please contact Judith H. Reilly, CPP, Services Director, at (315) 733-1709 or [jreilly@cflrinc.org](mailto:jreilly@cflrinc.org).