Trigger Context Detective - Concept brief

Understand the idea behind trigger context detective and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Jordan notices stronger urges after a stressful shift and an empty evening.

The idea

A cue is part of a wider sequence rather than proof that use is inevitable.

An ordinary example

Jordan notices stronger urges after a stressful shift and an empty evening.

What this can look like

Map an ordinary high-risk situation through setting, thoughts, feelings, body cues, and available choices.

Check the fit

Where could support enter before the urge becomes harder to manage? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A return to use is information for reassessing care and support, not a verdict on personal worth.

Reflection

Where could support enter before the urge becomes harder to manage?

Scope and adaptation

Adapt to individualized assessment and the person's chosen recovery goals. Worksheets do not manage intoxication, overdose, or withdrawal. Abrupt cessation of alcohol or benzodiazepines can be dangerous: seek medical guidance rather than using a worksheet to stop or taper. Follow existing emergency and overdose-prevention plans; medication choices belong with qualified prescribers.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Substance Use Disorders. Full source links and scope: library.morethantherapy.org/recovery/resources/SUR-A04-1