

THE HIGH RISK CYCLE

What is a Trigger? A trigger is something that begins your cycle – it is an event or thought that starts a feeling in you that you do not like.

You feel sorry for yourself after you are triggered

You forget all about it until...

You feel like nothing is ever going to change or get better

You decide you won't ever do it again...

Denial

"Poor me"

Promises

Hopeless

You also know that this will get you in trouble if you are caught!

You just want to be alone right now!

Anxiety

Isolation

And you hurt someone or something because it makes you feel better

Behavior

You are mad at the world for making you feel so bad

Anger

Decision

Fantasy

You pick the right time and place...

Plan

You imagine life when you are successful and happy – and they'll be sorry

You make a plan to get back at them

