



Welcome to CSPMA where you can kick your addiction for good
Sex, Porn and Masturbation Addiction

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Triggers

Triggers are not fun. A trigger can happen to anyone, at any time. It's important to be prepared for a trigger so that you can know how to deal with it, when it happens. The worst thing that can happen is a relapse. So if you can learn how to navigate triggers, you will be able to avoid a relapse.

There are two ways of handling triggers:

1. Avoid the trigger. If you know what your main triggers are, you can take steps to keep them from happening.
2. Tackle the trigger head on. Sometimes avoidance doesn't always work so be prepared for when it happens.

What are your three biggest triggers?

| | |
|----|--|
| #1 | |
| #2 | |
| #3 | |

How will you avoid these triggers?

| | |
|----|--|
| #1 | |
| #2 | |
| #3 | |

How will you tackle these triggers head on?

| | |
|----|--|
| #1 | |
| #2 | |
| #3 | |