My Trigger Map

> *"Do you ask me what you should regard as especially to be avoided? I say, crowds; for as yet you cannot trust yourself to them with safety."*
>
> Seneca, Letters 7 (tr. Gummere)

Seneca was honest about the places that still unsettled him. Do the same. Write freely in each box, then circle the three that come up most often. Those three are the ones to make if-then plans for.

People

Who do I tend to drink with, or after seeing?

Places

Pubs, shops, rooms, routes, the chair at home.

Times

Days, hours, paydays, anniversaries, seasons.

Feelings

Stressed, lonely, bored, angry, ashamed, happy?

Thoughts - the exact sentences my mind uses

For example: "I deserve it", "just one", "I'll start again Monday".

My top three, and where I will plan for them

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