Facilitator Guide: Rank Trigger Risks

Introduction: Why Ranking Triggers Helps

You Say:
"Not all triggers are created equal. Some are mild annoyances. Others can seriously derail our recovery. Learning to recognize which triggers are higher risk can help us prioritize where to focus our energy and planning.

Today we're going to spend a few minutes identifying and ranking our personal triggers by risk level."

Key points to highlight:

- Triggers vary in intensity and risk.

- Ranking them helps participants focus their coping strategies where they're most needed.

- This is a simple reflection exercise that can be revisited anytime.

Step 1: Quiet Reflection (5 Minutes)

You Say: "Take about five minutes to think through your own list of triggers. You can start with the ones we brainstormed earlier or write a few that are specific to you. Think of unpleasant and unpleasant emotions, physical sensations like pain or heat, stress, people.

For each one, rate how risky it feels to your recovery or goals:

- Low Risk

- Moderate Risk

- High Risk"

You can use a scale like:

- 1 (Low Risk)

- 2 (Medium Risk)

- 3 (High Risk)

Let participants write or reflect silently. Let them know they won't have to share unless they choose to.

Step 2: Optional Sharing & Discussion

You Say: "If anyone feels comfortable, you can share one trigger you ranked as high risk, and how you might respond to it differently now."

Ask the group:

- "Did anything surprise you about what you rated as high risk?"

- "What might help you reduce the risk of that trigger?"

Facilitator Quick Tips:

- Keep it low-pressure—this tool is about personal insight.

- Encourage participants to revisit and update their rankings as needed.

- Reinforce that **awareness is the first step** toward reducing risk.

Summary

The **Rank Trigger Risks** tool helps participants prioritize their energy and planning by identifying which triggers are most likely to disrupt their recovery. Even five minutes of reflection can lead to powerful insight and better preparation.