

Triggers

Posted by pureheart - 15 Apr 2024 08:25

I am 7 days clean. So far, the path to 7 has been fairly smooth. A couple of mental reminders at certain points during the day.

Yesterday, I came face to face with one of my biggest triggers which is stress at home. Living in Israel, especially since the war started, whenever the kids get stuck home at school and my schedule is thrown off, my brain goes straight to looking for an outlet.

I am grateful that I had the strength to not fall or even slip but it has been a difficult 48 hours.

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Re: Triggers

Posted by frank.lee - 15 Apr 2024 09:52

Welcome Pureheart!

Did you ever read the book The Battle of the Generation?

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Re: Triggers

Posted by chooseurname - 15 Apr 2024 13:33

Keep on trucking! Amazing you are able to hold on despite the stress and fear.

Were you successful in putting on a filter? That's the number one way to avoid falling when triggered.

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Re: Triggers

Posted by yitzchokm - 16 Apr 2024 17:11

The situation in Israel is challenging. Mindfulness exercises can help. You can redeem mindfulness exercises with coins on GYE. Since the situation in Israel is much calmer than on October 7th you might not need the following but if you are afraid of developing PTSD from the war or you need coping skills to calm down your children when there are sirens try out the free webinar on coping in a war zone on psychotraumaunit.com. Since you live in Israel you might have something better than that from Pikud Haoref. Rooting for you.

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