

## Chapter 9: Managing your triggers

### *List of personal triggers: downloadable chart*

**Purpose of this chart:** You can list your triggers on this chart as a handy reminder to help you keep an eye on them (chapter 16) and prevent relapse.

**Tips for using this chart:**

- Use triggers identified on your life chart to complete your triggers list (pp. 116)
- Include it in your relapse prevention plan ( chapter 17)
- Use it to adjust your lifestyle to reduce the chances of these triggers from sparking off your moods (chapter 18).

Type of mood	Typical triggers
Mania	
Hypomania	
Depression	
Mixed	