

Sober Curiosity: Buttons!

"What pushes your buttons?" is a crucial conversation in sober curiosity. If you have not had this conversation yet, it's not too late to start now.

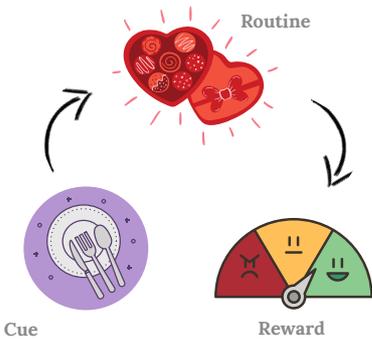
I had many people tell me that they don't have buttons and that their cravings are totally unpredictable and out of control. It feels like nothing will ever help. If you are feeling in a similar way, you are not alone, and I can tell you with full confidence that your buttons, like everyone else's, are identifiable, in fact they are very much predictable once identified.

Habit Loop & Button

Charles Duhigg's habit loop is a great way to help people understand buttons.

According to Duhigg, the **habit loop** is a neurological pattern that consists of three elements: **a cue, a routine, and a reward.**

Once we have repeated a routine enough times, our brains learn to associate the cues that lead to the routine with the reward that the routine produces, then a habit forms.



Buttons, where to find them?

A button is any cue that your brain has learned to associate with a behavior, and most importantly, the effect that the behavior produces.

A button can be anything, internal or external. External buttons include objects, people, places, and situations. Internal buttons are feelings, emotions, and thoughts.



Uncover your Buttons

Each individual has a unique set of buttons that their brain has learned to associate with specific substance use/behavior over time. Discovering your buttons is a crucial step in sober curiosity, and I've created a worksheet to help you get started in this process.

Uncovering your button takes time and effort. It could seem challenging at the beginning, or difficult to sustain over time. Please remember that **you are NOT alone, and support is available!**



Sober Curiosity Group

This **8-week Groups** are designed to provide an encouraging, supportive environment for working on behaviors you'd like to change but struggle with.

Curious about Sober Curiosity Groups? Join our introduction workshop to find out whether it's right for you. Space is limited, **sign up** today!



For more info, contact:

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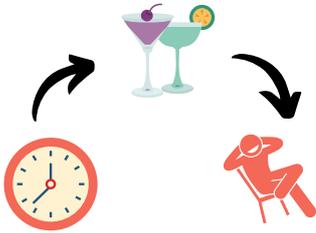
or visit:

www.youcanhealwellness.com

Buttons Worksheet

A **button** is any emotional, environmental, or social cue that brings up memories of substance use in the past, therefore stirring up a strong desire and impulse to use a substance again.

For instance...



You have a habit of having a drink after work to unwind from your day. In this case, your brain may learn to associate getting off from work with having a drink and feeling relaxed. Therefore, whenever you get off from work, your brain would want to find a way to feel relaxed, and you would experience craving a drink.

In this case, the act of getting off from work would be your button.

External Buttons

People, Places, Activities, Objects, Situations

People & Place

eg. friends who you party with; the corner liquor store

Activities

eg. sport game where everyone drinks

Objects

eg. lighter, wine glass, movie scene

Situations

eg. stressful situation, celebrations

Internal Buttons

Emotional States, Feelings, Thoughts

Emotional States

like anger, sadness, happiness

Feelings

like tiredness, boredom, hunger, loneliness

Thoughts

like "I am not good enough"