JACS TORONTO
COURAGE 2 CHANGE

DEALING WITH DEPENDENCIES

WHAT IS COURAGE 2 CHANGE?

Courage 2 Change (C2C) is a student mental health program created by JACS Toronto, offering educational workshops, a student ambassador program, individual counselling, and a tailored support group for post-secondary students.

DEPENDENCY: (NOUN) DE-PEN-DEN-CY

If you find yourself relying on substances or specific behaviors to sustain your daily life, it's probable that you have developed a dependency. This reliance can potentially harm you without you even realizing it, and it can manifest in various ways. Utilize this Courage2Change resource on dependencies as a valuable guide to assist you, and remember that if you're facing difficulties, support is readily available.

TYPES OF DEPENDENCIES

SUBSTANCE DEPENDENCIES

A substance dependency is a condition where a person becomes physically or psychologically dependent on a substance.

EXAMPLES OF THIS INCLUDE:

- Alcohol
- Cannabis
- Opioids
- Sedatives
- Inhalants

BEHAVIORAL DEPENDENCIES

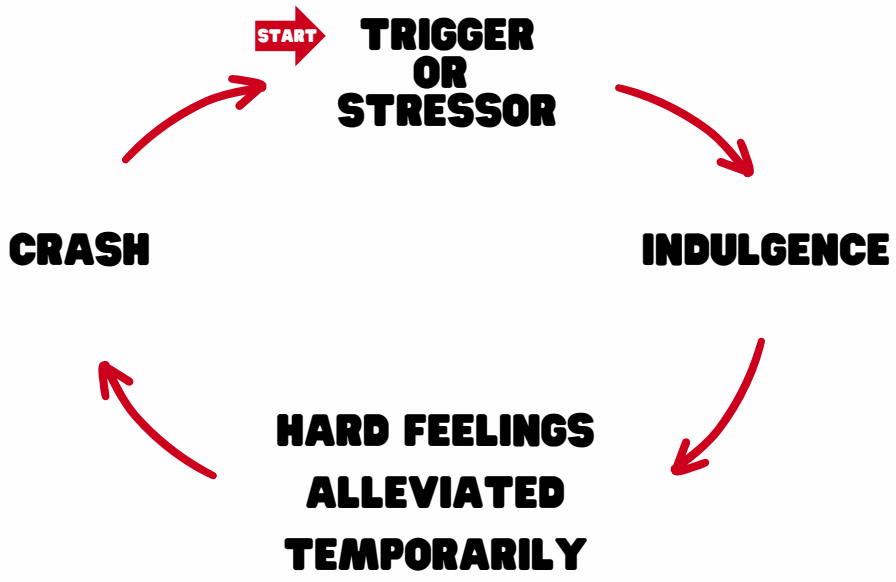
A Behavioral Dependency involves a lessening of control, persistent seeking, and significant harm even though no addictive substance is involved.

EXAMPLES OF THIS INCLUDE:

- Sexual activity
- Love/Relationships
- Internet/Social Media use
- Gaming
- Exercise

WHY DO I BECOME DEPENDENT?

Dependency is a complex condition that often arises when individuals turn to external sources as a means of coping with stress, trauma, and triggers. This results in a cycle of seeking relief through certain behaviors.



SIGNS YOU MAY BE DEPENDENT

Below are some cues and signals to pay attention to in order to identify dependent behaviors:*

- Cravings
- "I need it"
- Withdrawal
- Feeling shame about indulgence
- Ignoring consequences of behaviour

*Intended as general information and guidance only and not a substitute for medical advice.

UNDERSTANDING YOUR TRIGGERS

WHAT ARE TRIGGERS?

A trigger is a stimulus such as a person, place, situation, or thing that contributes to an unwanted behavioural or emotional response.

STEP 1: DESCRIBE THE PROBLEM?

Describe the problem your triggers are contributing to. What's the worst case-scenario, if you are exposed to your triggers?

STEP 2: WHAT IS TRIGGERING ME?

Anything can be a trigger. Take a moment to reflect; Is there a specific emotion that triggers you? A person or place?

THOUGHTS & FEELINGS	ACTIVITIES & SITUATIONS	PEOPLE & THINGS

STEP 3: HOW DO I COPE WITH TRIGGERS?

Choose a coping strategy: Bake

Go for a walk | Call a loved one | Take a bath | Enjoy time outside

PRACTICE your strategies until they feel natural!

STEP 4: LET'S MAKE A PLAN

Let's develop a plan to deal with your biggest triggers. Review this plan regularly, and practice each of the strategies.

Describe your 3 biggest triggers:

1

2

3

Describe a strategy for reducing exposure to these triggers:

1

2

3

Describe your strategy for dealing with a trigger when it is unavoidable :

1

2

3

Need Support? JACS is here to lend a helping hand. Don't hesitate to reach out, even if you're feeling apprehensive.

Email info@jacstoronto.org or call us