

What is a trigger?

Significant anniversaries and dates often remind people of loved ones who are missing but simple daily events can also have similar impacts.

Thoughts, events or objects can trigger feelings that remind you someone is missing. They are usually random and unplanned.

Mistaking a person you see in the street, hearing a song, noticing a particular news story or even smelling a familiar scent can immobilize you and can create an emotional reaction that is difficult to manage.

How can you manage your reaction to triggers?

- Remember that you are not alone – this is a normal response to the unresolved nature of missing.
- No matter how hard you try you cannot always predict when something will remind you of the person you are searching for.
- Give yourself permission to feel the emotion; it can be hard becoming upset away from home but this does not mean you are inadequate.

- Why not try and talk to someone about how you are feeling, like your partner, a friend or a counsellor? Sharing your experiences might help to deal with the pain.
- What personal strategy works best for you when dealing with triggers?

In Ontario, contact **Ontario's Missing Adults**
www.missingadults.ca
613-851-2442

In Canada, contact the **Canadian Centre for
Information on Missing Adults**
www.missingpersonsinformation.ca
1-877-232-2610

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