



Families & Friends of Missing Persons

Attorney General & Justice

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 immobilise you and can create an emotional reaction that is difficult to stifle.

How can you manage your reaction to triggers?

- Remember that you are not alone – this 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 you experiences might help to deal with the pain.

Families and Friends of Missing Persons Unit

- **Phone:** 02) 8688 8173 (Metropolitan area only) / 1800 227 772 (Freecall)
- **Email:** ffmpu@agd.nsw.gov.au • **Website:** www.lawlink.gov.au/missingpersons

This document has been prepared by the Department of Attorney General and Justice for general information purposes. While every care has been taken in relation to its accuracy, no warranty is given or implied. Further, recipients should obtain their own independent advice before making any decisions that rely on this information. (FMP02 • 05/2011)