



Trigger Tracker



AWARENESS TODAY. CHOICES TOMORROW. ♥

Triggers are a normal part of recovery. By noticing them, you can prepare, use skills, and make healthy choices. ♥

DATE: _____

TIME: _____

LOCATION: _____

 TIME	 TRIGGER What happened? What triggered me?	 THOUGHTS What was I thinking?	 FEELINGS What emotions did I feel?	 URGE How strong was the urge? (1-10)	 WHAT I DID How did I respond? What action did I take?	 OUTCOME What happened as a result?

♥ MY TOP TRIGGERS

List the people, places, situations, feelings, or times that most often trigger me.

- _____
- _____
- _____
- _____
- _____



♥ WARNING SIGNS

What are some signs that I am becoming triggered?

- _____
- _____
- _____
- _____
- _____

♥ COPING SKILLS I CAN USE

What skills help me stay in control when I'm triggered?

- _____
- _____
- _____
- _____
- _____



🧠 WHEN I NOTICE A TRIGGER, I CAN...

Steps I can take to manage the trigger in a healthy way.

- ☐ Pause and take a breath _____
- ☐ Use a coping skill _____
- ☐ Reach out for support _____
- ☐ Remove myself from the situation _____
- ☐ Focus on what I can control _____
- ☐ Other: _____ ♥

♥ REFLECTION

Take a few minutes to reflect.

-  What patterns do I notice? _____
- ♥ What can I do differently next time? _____
- ☀️ What is one strength I used today? _____



Triggers are not the problem.
How I respond is what creates my recovery. ♥

