

# IDENTIFYING TRIGGERS

Name:

Date:

Identify emotional triggers that may lead to relapse  
in your behaviors, emotions, or thought patterns.

Describe the specific situation or event that triggered your emotional response or thoughts.

Identify the emotions you experienced during or after the trigger.

Describe any physical sensations that accompanied these emotions.

Note any automatic thoughts or self-talk that occurred.

Consider the underlying beliefs or assumptions that contributed to your emotional response.