My triggers and risky situations

List what sets off your urges and decide in advance what you will do.

Name _____ Date _____

Urges are set off by particular people, places, times and feelings. List yours, and decide in advance what you will do.

Outside triggers
Places (the pub, the kitchen, the sofa). People. Times of day. Pay day. Celebrations. Seeing or smelling it.

Inside triggers
Stress, boredom, loneliness, anger, tiredness, hunger. Feeling good and wanting to reward myself. "Just one will not hurt."

Trigger	How risky (0 to 10)	What I will do: avoid it, change it or cope with it

My riskiest time of the day or week

Who or what helps me stay on track

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