

TRACKING MY TRIGGERS

Over the course of the next week, pay attention to your feelings and what is happening right before or when you have each feeling. At the end of each day, write down one feeling and the trigger for that feeling.

Monday

Feeling: _____

Trigger: _____

Tuesday

Feeling: _____

Trigger: _____

Wednesday

Feeling: _____

Trigger: _____

Thursday

Feeling: _____

Trigger: _____

Friday

Feeling: _____

Trigger: _____

Saturday

Feeling: _____

Trigger: _____

Sunday

Feeling: _____

Trigger: _____