CHECKLIST

Your trigger response checklist

- [ ] Write down every urge for two weeks with time, place, feeling and what happened before
- [ ] Look for patterns after one week and identify your repeat triggers
- [ ] Plan a specific response for each trigger you have identified
- [ ] Remove yourself from the immediate environment
- [ ] Call or text someone who knows what you are dealing with
- [ ] Use a replacement activity you have chosen in advance
- [ ] Set a timer for twenty minutes and commit to waiting before acting
- [ ] Block sites and delete apps for environmental triggers
- [ ] Review your response plan after each urge and adjust what does not work