

Trigger Identification

Know your triggers · Build your defences



Name: _____ Date: _____

Understanding what triggers cravings is one of the most powerful tools in recovery. This worksheet helps you identify your personal triggers, understand the warning signs, and plan healthy responses. Remember — awareness is the first step to freedom.

My Trigger Map

List situations, people, places, emotions, or times that trigger cravings or unhealthy patterns.

#	TRIGGER	TYPE	WARNING SIGNS	HEALTHY RESPONSE
1				
2				
3				
4				
5				
6				

Types: Emotional · Social · Environmental · Physical · Thought-based

My Highest-Risk Situations

Which 3 triggers are most dangerous for me right now?

- 1 _____

- 2 _____

- 3 _____

My Coping Toolkit

What healthy strategies can I use when triggered? Check the ones that work for you and add your own.

- | | |
|---|---|
| ☐ Call someone I trust | ☐ Remove myself from the situation |
| ☐ Deep breathing (4-7-8 technique) | ☐ Listen to music or a podcast |
| ☐ Go for a walk | ☐ Exercise |
| ☐ Journal my feelings | ☐ Read scripture or affirmations |
| ☐ Pray or meditate | ☐ Attend a meeting or group |
| ☐ Use the Gracie app | ☐ Practice grounding (5-4-3-2-1) |
| ☐ Chat with Grace (AI counsellor) | ☐ _____ |
| ☐ Play the tape forward | ☐ _____ |

Emergency Action Plan

When a craving hits hard, here's what I will do — in order:

1 First, I will:

2 If that doesn't help, I will:

3 My emergency contact is:

My personal reason to stay strong:

 "You've already survived 100% of your worst days. You are stronger than you think."