

Trigger-Response-Coping Plan

Recovery is about planning ahead



Name: _____ Date: _____

This sheet helps you identify triggers and choose healthier responses. Fill it in when you're feeling clear-headed so it's ready when you need it.

Situation 1

1 Trigger

What happened or what set you off?

2 Usual Response

What would you normally do?

3 Healthy Coping Strategy

What will you do instead?

Situation 2

1 Trigger

What happened or what set you off?

2 Usual Response

What would you normally do?

3 Healthy Coping Strategy

What will you do instead?

Situation 3

1 Trigger

What happened or what set you off?

2 Usual Response

What would you normally do?

3 Healthy Coping Strategy

What will you do instead?



"No temptation has overtaken you except what is common to mankind... and He will provide a way out." – 1 Corinthians 10:13