

Triggers & Warning Signs Map

A living document for your recovery



Name: _____ Date: _____

This worksheet helps you identify and understand your personal triggers and early warning signs. Update it regularly with new insights, and share with your sponsor or counsellor for accountability and support.

Environmental Triggers

Specific physical spaces or locations that may trigger cravings — neighbourhoods, bars, your home environment.

Emotional Triggers

Emotions that may lead to cravings — stress, anxiety, sadness, boredom.

Social / Relationship Triggers

Relationships that could influence your recovery — friends who use, tense family dynamics.

Physical / Medical Triggers

Physical or medical issues that might influence cravings — chronic pain, withdrawal symptoms, medication side effects.

Situational Triggers

Specific situations or events that could lead to urges — parties, celebrations, job loss, relationship changes.

Early Warning Signs – Physical

Body signals: changes in sleep, increased heart rate, fatigue.

Early Warning Signs – Emotional

Feeling irritable, overwhelmed, sudden mood swings.

Early Warning Signs – Behavioural

Isolating yourself, neglecting self-care, reverting to old habits.

Action Plan for Each Category

For each category above, outline specific steps you can take when faced with triggers or warning signs.



"Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak." –
Matthew 26:41