Handout: Noticing Triggers Worksheet

Date	Situation/Trigger	What sensations did you experience?	What moods, feelings, or emotions?	What were your thoughts?	What did you do?
Friday 3/26	*Example: had an argument with a friend*	*Tightness in chest, cold, clammy palms, heart beating fast*	*Anxiety, craving*	*I need something to get me through this. How much cash do I have?*	*Took a walk, later talked with friend about what upset me.*
Saturday 3/27	*Example: woke up in the middle of the night and couldn't sleep*	*Restlessness*	*Irritability*	*Smoking will help me go to sleep.*	*Went outside and smoked.*