Home Practice: Identifying Triggers

During the week, pay attention to the where, when, who, and what of your urges to smoke and drink. Use this log to record as many of those instances as possible. Then, rate your urge/craving to drink or smoke from 1-10, with 1 being very mild urge, to 10 being strongest possible urge.

This practice will help you identify your personal triggers for smoking and drinking.

Day	Time	Trigger to Smoke or Drink or Both?	What was the trigger or reason you smoked/drank?	Where?	Who else?	Urge Rating 1-10	Did you Smoke/Drink?
Tu	8:15am	Smoke	Coffee	Kitchen table	Roommate	7	Smoked
	6:30pm	Drink		Living Room			