Identifying Triggers Worksheet

Step 1: Tick what sets you off

OUTSIDE TRIGGERS (PEOPLE, PLACES, THINGS, TIMES)

- [ ] Friends or family I used to drink with
- [ ] Bars, restaurants, parties, ball games
- [ ] The drive past the liquor store
- [ ] Payday, Friday nights, weekends
- [ ] Holidays, weddings, work events
- [ ] Arguments at home
- [ ] Bills, mail, money worries
- [ ] Being alone in the house

INSIDE TRIGGERS (FEELINGS AND THOUGHTS)

- [ ] Stress, worry or fear
- [ ] Anger or a resentment I keep replaying
- [ ] Loneliness or boredom
- [ ] Shame or guilt
- [ ] Feeling like I deserve a reward
- [ ] Good news I want to celebrate
- [ ] Pain, poor sleep, feeling run down
- [ ] Thinking “one won't hurt”

Step 2: The HALT check

Many urges are a body or a heart asking for something else. Before you act on one, ask: am I Hungry, Angry, Lonely or Tired?

- Hungry: eat a real meal or a snack. Drink water.
- Angry: pray for the person, then tell your sponsor about it before you do anything.
- Lonely: call someone, go to a meeting, sit with people.
- Tired: rest. Go to bed early. Things look different in the morning.

Step 3: Rate them and make a plan

Write your triggers below. Rate each from 1 (a little pull) to 5 (I'm in danger). Then write what you'll do instead. Be specific: a name, a meeting, a place to go.

Trigger	Outside or inside	Risk 1–5	What I tell myself	What I'll do instead
Payday Friday	*Outside*	*5*	*"I worked hard, I earned it."*	*Pay bills first. 6 pm meeting. Call Dave on the way.*

An example

Sam noticed he wanted a drink most on Sunday nights. Sitting with it, he saw the real trigger wasn't Sunday. It was dread about Monday at work, plus being alone after his kids went back to their mom's. So his plan changed: an online meeting at 8 pm on Sundays, a call to his sponsor before bed, and a few verses he reads when the dread comes. The urge still shows up. Now it finds him busy.

Step 4: My top three

1. My riskiest trigger, and exactly what I'll do when it comes:

2. My second riskiest trigger, and my plan:

3. My third riskiest trigger, and my plan:

4. Which of the four (hungry, angry, lonely, tired) hits me hardest, and when?

5. Which triggers can I avoid for now, and which do I need to face with help?

SCRIPTURE

> *"No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it."*
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> 1 CORINTHIANS 10:13 · ESV

> *"Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak."*
>
> MATTHEW 26:41 · ESV

> *"Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!"*
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> PSALM 139:23–24 · ESV