

# Resetting Triggers

**A. What habit/action is likely to trigger a slip?**

**B. Why?** (List the problems the habit causes)

**C. What are the triggering factors?** (Can be more than one:)

1. Particular place or setting
2. Feeling
3. Time of day
4. Activity
5. Person or group of people

**D. Diagram the trigger**

The trigger is:

Which leads me to do this:

For which I reward myself by doing this:

**E. List alternative actions.** what could I do instead when the desire is triggered?

- 1.
- 2.
- 3.

**F. List alternative rewards.** What other reward(s) could I allow myself to replace the older one?

- 1.
- 2.
- 3.

**D. Plan.**

Next time I experience a trigger, I will do this:

And reward myself with this: