

Trigger Response Flow

When something triggering happens (an event), pause and ask yourself: What was I feeling or thinking in that moment? This thought often leads to your usual response — an automatic reaction or behavior.

By writing this down, you create space to reflect. From there, challenge yourself to explore an alternative response — something more supportive of your goals, values, or recovery. Over time, this practice can help you recognize patterns and build more intentional coping strategies.

**Trigger/
Event**

**Thoughts/
Feelings**

Initial Response

Alternative Response

[illegible]