

Trigger Journal

Awareness begins when triggers become visible

This journal is a practical tool to help you understand the triggers that influence your urges. Each time you document an experience after it happens, you increase your ability to see recurring patterns and build supportive, healthy responses.

- 1 Write after each strong urge:** Even if you did not act on it, documenting the moment builds awareness.
- 2 Don't wait until the end of the day:** Vital details and raw feelings fade quickly from memory.
- 3 This journal is for understanding, not self-blame:** Treat each entry as objective information to understand your patterns.

"Information that isn't written down gets forgotten. And patterns that aren't seen get repeated."

Trigger Journal — New Entry (1)

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Date:

Day & Time:

- 1. What happened right before the urge? (External trigger, location, who was there, or a sudden thought)

- 2. What emotional or physical feeling did you experience? (Internal trigger: anxiety, exhaustion, boredom, etc.)

- 3. What did you do in response to this urge? (Your immediate actions or alternative responses)

- 4. How did you feel afterward? (Immediate physical and emotional state after your response)

Urge Intensity (Circle or check the number that represents your urge)

1

2

3

4

5

6

7

8

9

10

Mild urge / easily managed

Severe urge / highly challenging

Trigger Journal — New Entry (2)

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Date:

Day & Time:

- 1. What happened right before the urge? (External trigger, location, who was there, or a sudden thought)

- 2. What emotional or physical feeling did you experience? (Internal trigger: anxiety, exhaustion, boredom, etc.)

- 3. What did you do in response to this urge? (Your immediate actions or alternative responses)

- 4. How did you feel afterward? (Immediate physical and emotional state after your response)

Urge Intensity (Circle or check the number that represents your urge)

1

2

3

4

5

6

7

8

9

10

Mild urge / easily managed

Severe urge / highly challenging

Reflection Step: After completing several entries in your daily journal, take a deep breath, review your recorded responses, and explore recurring connections or patterns.

1. What are your most frequent external triggers (places, people, events)?

2. Are there specific times of the day or days of the week when urges are more frequent?

3. What common emotions or physical states regularly precede these urges?

4. Which healthy responses or strategies successfully helped you reduce the urge?

5. Which responses did not help, and what can you adjust next time?

"Common patterns become easier to spot over time"

Each entry you write down is a courageous step toward a deeper self-understanding and healthy patterns.

Remember as you move forward in your wellness journey:

Don't aim for perfection — aim for consistency.

Access more tools for self-improvement and recovery:

tamkinly.com/recovery

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Return to who you already are