

Tool 4.1: Identify triggers

Date:

To identify your triggers, consider each sense: sight, hearing, smell, taste, and touch. You might be surprised at how many there are. Be honest and list them all—even if they seem insignificant. If there's more than one behavior you want to change, list them all in the left column.

Behavior	Triggers
Ex: Gambling	Lottery ads; scratch-off tickets in stores
Ex: Drinking alcohol	Attending a wedding; Being offered a free beer at the end of a 5k run