

## Tool 4.2: Rank trigger risks

Date:

Not all triggers are equally powerful. Some are uniquely more likely to create an urge for you than others. Rate each trigger from 1 (weakest) to 10 (riskiest). Then, you can prioritize the triggers you most need to be prepared for. Key categories are listed below. Add your own from Tool 4.1.

Trigger	Rating (1-10)
<b>Unpleasant emotions (ex: anger, frustration, grief)</b> Others:	
<b>Pleasant emotions (ex: joy, peace, anticipation)</b> Others:	
<b>Physical sensations (ex: pain, cold, heat)</b> Others:	
<b>Stress (ex: deadlines, anxiety, financial concerns)</b> Others:	
<b>Conflicts with others (ex: coworker, partner, family)</b> Others:	
<b>Places and times (ex: restaurants, cars, summer, weekends)</b> Others:	
<b>Other:</b>	
<b>Other:</b>	
<b>Other:</b>	
<b>Other:</b>	