

There are *people, places, things* and *feelings* that can interfere with change or cause **slips**. It is important to try to identify these “**triggers**” as best you can to plan how to manage or avoid them. For the next four or five days please keep track of the following information:

Was there a particular time of day?

Triggers: **where** you were; **what** you were doing; **who** you were with; and your **feelings**; sad, happy, stressed, relaxed, bored lonely, etc.

Behavior: the magnitude or **amount** of the problem behavior (use a 1-10 scale with 10 being highest magnitude). For instance, did you eat a piece of cake or the whole cake?

Consequences: When you did the problem behavior; were there any **consequences** that arose? How did you feel afterward? How did **other's react** when you did the problem behavior?