

# Triggering Self-Monitoring Diaries

## Triggering Self-Monitoring Record

<b>TRIGGER</b> What sets me up to use?	<b>THOUGHTS AND FEELINGS</b> What was I thinking? What was I feeling?	<b>BEHAVIOR</b> What did I do then?	<b>POSITIVE CONSEQUENCES</b> What positive things happened?	<b>NEGATIVE CONSEQUENCES</b> What negative things happened?



## Health Professional's Guide to SBIRT

### Daily Record of Urges to Drink

Date	Situation (Include Your Thoughts and Feelings)	Intensity of Cravings (1-100)	Coping Behavior Used

Source: Burns, D.B. (1999). *The Feeling Good Handbook*. New York: Plume.