

# Trigger DIARY



Hello darling

Knowledge is power. When you know the where, when, who and how of what triggers you to drink you have the power in your hands to change it.



Sometimes it's quite obvious that you feel triggered but at other times you end up drinking without intending to and not realising what happened.

*believe*

Your Trigger Diary gives you a simple outline to record all the key information of what was happening at critical moments.



Once you've completed it a few times you will begin to see patterns emerge and this will enable you to put strategies in place to avoid them in future.

*freedom*

Always remember, YOU are in control.  
YOU choose how you want to live your life.

*Much love always  
from Jules Rutherford xxx*

Date/Time:		Location:	
Day:	M T W Th F S S	Who with?:	
What happened?			
How were you feeling?			
How long did it last? Did you give in?			
What can you differently next time?			

Date/Time:		Location:	
Day:	M T W Th F S S	Who with?:	
What happened?			
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Date/Time:		Location:	
Day:	M T W Th F S S	Who with?:	
What happened?			
How were you feeling?			
How long did it last? Did you give in?			
What can you do differently next time?			

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## THANK YOU!

I really hope you are a great deal clearer about what triggers you to drink and are feeling much more in control of those danger times. If you feel you need more support, point your camera at the QR codes below to find out more.

*Much love always, Jules xxx*

The Sacred Circle



Work with Me

