

Trigger and Pattern Tracker

Standing on the Ledge Worksheet | v1.0 | March 17, 2026

A worksheet for noticing triggers, body responses, urges, and recurring loops over time.

Important disclaimer

For educational, reflective, and self-guided use only. Not a substitute for medical care, mental health treatment, legal advice, crisis intervention, or financial advice. Stop if distress increases. If you are in immediate danger or may harm yourself or someone else, contact local emergency services or a crisis line right away.

Patterns are easier to interrupt once they become visible. Use short, plain notes. You are looking for repetition, not literary perfection.

Tracking table

Date / time	Trigger or situation	Body response	Emotion / urge	What I did	What I learned

End-of-week reflection

What shows up most often?

What happens in my body first?

Which response helped even a little?

What needs a gentler plan next time?

Use what helps. Leave what does not. These materials are meant to support reflection and action, not to replace qualified professional care.