

BONUS GUIDE #3

# Daily Habit Tracker System

Your private system for observing patterns, recording triggers, and measuring real progress

*Free Bonus — RECLAIM YOUR MIND*

**Demi F.O.**

Psychotherapist · M.A. Child & Adolescent Counselling  
Specialised Training in Substance Abuse & Addiction Counselling

# How This Tracker Works

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This tracker is a private, structured system for recording three things: your triggers, your responses, and your outcomes. Used consistently, it will show you patterns you cannot see in the moment and progress you cannot feel until you have evidence of it.

Complete it daily — it takes less than three minutes. The value accumulates over weeks and months. Print this tracker, or copy the format into your own journal.

# Part 1: The Daily Trigger Log

Complete one entry for each urge that arises during the day, whether or not you act on it. Record as close to the event as possible.

**Day 1 Date:** \_\_\_\_\_

<b>Time:</b>	_____
<b>Location / Context:</b>	_____
<b>Emotional state (specific):</b>	_____
<b>Physical state (tired / restless / neutral):</b>	_____
<b>Immediately preceding event:</b>	_____
<b>Trigger category (circle):</b>	Loneliness · Frustration · Boredom · Anxiety · Tiredness · Shame-Loop
<b>Urge intensity (1–10):</b>	_____
<b>Technique used (circle):</b>	Response Delay · Displacement · Name-and-Locate · Anchor Call · Urge Surfing
<b>If Response Delay — how long did you delay?</b>	_____ minutes
<b>Did the urge pass during the delay? (yes / no / partly):</b>	_____
<b>Outcome (acted / did not act):</b>	_____
<b>Brief note:</b>	_____

**Day 2 Date:** \_\_\_\_\_

<b>Time:</b>	_____
<b>Location / Context:</b>	_____
<b>Emotional state (specific):</b>	_____
<b>Physical state (tired / restless / neutral):</b>	_____
<b>Immediately preceding event:</b>	_____
<b>Trigger category (circle):</b>	Loneliness · Frustration · Boredom · Anxiety · Tiredness · Shame-Loop
<b>Urge intensity (1–10):</b>	_____
<b>Technique used (circle):</b>	Response Delay · Displacement · Name-and-Locate · Anchor Call · Urge Surfing

<b>If Response Delay — how long did you delay?</b>	_____ minutes
<b>Did the urge pass during the delay? (yes / no / partly):</b>	_____
<b>Outcome (acted / did not act):</b>	_____
<b>Brief note:</b>	_____

**Day 3 Date:** \_\_\_\_\_

<b>Time:</b>	_____
<b>Location / Context:</b>	_____
<b>Emotional state (specific):</b>	_____
<b>Physical state (tired / restless / neutral):</b>	_____
<b>Immediately preceding event:</b>	_____
<b>Trigger category (circle):</b>	Loneliness · Frustration · Boredom · Anxiety · Tiredness · Shame-Loop
<b>Urge intensity (1–10):</b>	_____
<b>Technique used (circle):</b>	Response Delay · Displacement · Name-and-Locate · Anchor Call · Urge Surfing
<b>If Response Delay — how long did you delay?</b>	_____ minutes
<b>Did the urge pass during the delay? (yes / no / partly):</b>	_____
<b>Outcome (acted / did not act):</b>	_____
<b>Brief note:</b>	_____

*Continue this format for each day. The format matters less than the consistency.*

## Part 2: The Weekly Review

At the end of each week, spend ten minutes reviewing your daily log entries. Patterns become visible across a week in a way they cannot across a single day.

**Week 1 Review Dates:** \_\_\_\_\_ to \_\_\_\_\_

How many urge events did I record this week?

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How many resulted in acting on the urge?

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Which trigger category appeared most frequently?

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Which time of day or week was most high-risk?

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Which technique did I use most — gap technique or Response Delay? Which worked better?

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If using Response Delay: what is my current delay duration compared to last week?

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Was there a slip? If so, what preceded it? What did I do after?

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What measurable improvement did I see compared to last week?

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What is my focus area for next week?

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**Week 2 Review Dates:** \_\_\_\_\_ to \_\_\_\_\_

How many urge events did I record this week?

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How many resulted in acting on the urge?

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Which trigger category appeared most frequently?

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Which time of day or week was most high-risk?

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Which technique did I use most — gap technique or Response Delay? Which worked better?

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If using Response Delay: what is my current delay duration compared to last week?

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Was there a slip? If so, what preceded it? What did I do after?

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What measurable improvement did I see compared to last week?

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What is my focus area for next week?

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**Week 3 Review Dates:** \_\_\_\_\_ to \_\_\_\_\_

How many urge events did I record this week?

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How many resulted in acting on the urge?

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Which trigger category appeared most frequently?

---

Which time of day or week was most high-risk?

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Which technique did I use most — gap technique or Response Delay? Which worked better?

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If using Response Delay: what is my current delay duration compared to last week?

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Was there a slip? If so, what preceded it? What did I do after?

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What measurable improvement did I see compared to last week?

What is my focus area for next week?

**Week 4 Review Dates:** \_\_\_\_\_ to \_\_\_\_\_

How many urge events did I record this week?

How many resulted in acting on the urge?

Which trigger category appeared most frequently?

Which time of day or week was most high-risk?

Which technique did I use most — gap technique or Response Delay? Which worked better?

If using Response Delay: what is my current delay duration compared to last week?

Was there a slip? If so, what preceded it? What did I do after?

What measurable improvement did I see compared to last week?

What is my focus area for next week?

## Part 3: Monthly Progress Chart

Transfer your weekly totals into this chart at the end of each month. Watching numbers change over months is one of the most powerful experiences in this process.

Month	Wk1 Urges	Wk1 Acts	Wk2 Urges	Wk2 Acts	Wk3 Urges	Wk3 Acts	Wk4 Urges	Wk4 Acts	Notes
Month 1									
Month 2									
Month 3									
Month 4									
Month 5									
Month 6									

### READING YOUR DATA

What you are looking for over months: a gradual decrease in urge events, a decrease in the ratio of acts to urges, and eventually a decrease in intensity scores. These changes do not happen in a straight line. They happen in a general direction. Trust the direction.

# Part 4: Identity Statement Tracker

Record your working-toward statement here and track your daily reading practice from Part Five of the main guide.

## My Working-Toward Statement:

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## Daily Reading Log — tick each day you read your statement:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75
76	77	78	79	80	81	82	83	84	85	86	87	88	89	90