



## Jennifer Hadley's 6 Day Challenge to End My Self-Sabotage

### Day 3 Worksheet

#### **Triggers**

We often choose self-medication to escape or avoid feeling our feelings.

Answer these questions to help you recognize the patterns and choose differently.

What are the SPECIFIC situations and circumstances that trigger the impulse to choose self-medication?

What is the feeling or thought that you're trying to escape or avoid by self-medicating?

When is the earliest time you can recall getting triggered by this - what were the circumstances then?

Write down as many as you can. Continue to add to this list over the next few weeks - awareness is healing. Awareness helps us to make more loving choices. Love is our healer!

Situation: \_\_\_\_\_

Feeling or Thought: \_\_\_\_\_

Earliest Memory: \_\_\_\_\_

Situation: \_\_\_\_\_

Feeling or Thought: \_\_\_\_\_

Earliest Memory: \_\_\_\_\_

Situation: \_\_\_\_\_

Feeling or Thought: \_\_\_\_\_

Earliest Memory: \_\_\_\_\_

Situation: \_\_\_\_\_

Feeling or Thought: \_\_\_\_\_

Earliest Memory: \_\_\_\_\_

Situation: \_\_\_\_\_

Feeling or Thought: \_\_\_\_\_

Earliest Memory: \_\_\_\_\_

Situation: \_\_\_\_\_

Feeling or Thought: \_\_\_\_\_

Earliest Memory: \_\_\_\_\_

Situation: \_\_\_\_\_

Feeling or Thought: \_\_\_\_\_

Earliest Memory: \_\_\_\_\_

Situation: \_\_\_\_\_

Feeling or Thought: \_\_\_\_\_

Earliest Memory: \_\_\_\_\_

Situation: \_\_\_\_\_

Feeling or Thought: \_\_\_\_\_

Earliest Memory: \_\_\_\_\_

Situation: \_\_\_\_\_

Feeling or Thought: \_\_\_\_\_

Earliest Memory: \_\_\_\_\_

What is your DAY 3 aha?

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How did this make a difference in your life?

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**Share the benefits of your aha's to inspire others!** Please add a post in our **Facebook group** ([facebook.com/groups/endmyselfsabotage](https://www.facebook.com/groups/endmyselfsabotage)) and let others know what you're discovering. Sharing helps spread the Love and release the pain so we all gain!

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