TRIGGER SHEET FOR IDENTIFYING AND PLANNING FOR RED FLAGS¹

Date/ Time	Red Flags (events, stresses, etc)	Int/ Ext	Contr/ Uncon	Pred/ Unpr	Coping Plan (exposure, red dots, etc)	Anxiety

¹ From *Freedom from Obsessive Compulsive Disorder: A Personalized Recovery Program for Living with Uncertainty* by Jonathan Grayson. Penguin-Putnam. NYC, NY. 2014