

Daily Sobriety Log

Trigger Events - How would you grade your trigger events today?																				
-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
Relationship conflict			Angering event			Shaming event			Chance encounter											

Emotional State - How would you grade your emotional state today?																				
-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
Fear			Anxiety			Anger			Boredom											
Loneliness																				

Self Care - How did you do in self-care today?																				
-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
Exercise			Music			Reading			Journaling											
Praying			Fellowship/Friends																	

Ritual Events - Did you engage in any ritual events?																				
-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
Internet browsing			Scanning social media			Loading/reloading apps			Visiting certain parts of town											
Any behavior that leads you towards being stimulated or lustful																				

Acting Out (Stage 1) - How would you grade your pre-acting out behavior?																				
-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
Porn			Chat sites			Cruising														
Any behavior that leads you towards acting out																				

Acting Out (Stage 2) - How would you grade your internal acting out behavior?																				
-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
Masturbation			Use of sexual devices																	
Any personal sexual behavior that results in sexual release																				

Acting Out (Stage 3) - How would you grade your external acting out behavior?																				
-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10
Massage parlor			Strip club			Prostitute			Hookup											
Acting out partner			Any external sexual behavior that results in sexual release																	

Porn Sessions	Masturbation Events	Hookup Events