

Biting:

- **Biting:** Trigger: **Feeling bored or stressed**

Smoking Urges:

- **Smoking Urges:** Trigger: **Finishing a meal or feeling anxious**

Overeating or Junk Food Cravings:

- **Overeating or Junk Food Cravings:** Trigger: **Watching TV or feeling emotional**

Excessive Phone Checking:

- **Excessive Phone Checking:** Trigger: **Boredom or waiting in line**

Procrastination in Work:

- **Procrastination in Work:** Trigger: **Opening a difficult task or email**

Repeated Snooze Button Use:

- **Repeated Snooze Button Use:** Trigger: **Alarm going off early in the morning**

Mindless Snacking:

- **Mindless Snacking:** Trigger: **Walking into the kitchen**

Interrupting Others in Conversation:

- **Interrupting Others in Conversation:** Trigger: **Feeling a strong urge to share an idea**

Negative Self-Image or Identity:

- **Seeing Yourself as a Failure:** Trigger: **Making a small mistake**
- **Believing “I’m not good enough”:** Trigger: **Receiving criticism or being compared**
- **Fear of Being Judged:** Trigger: **Entering a group of people or giving a presentation**
- **Feeling Undeserving of Success:** Trigger: **Receiving praise or recognition**
- **Imagining Yourself as Socially Awkward:** Trigger: **Walking into a social event**

Anxiety and Fear Responses:

- **Fear of Public Speaking:** Trigger: **Being called on to speak or present**
- **Fear of Rejection:** Trigger: **Thinking about asking someone out**
- **Fear of Authority Figures:** Trigger: **Walking into a manager's office**
- **Social Anxiety:** Trigger: **Being introduced to new people**
- **Performance Anxiety:** Trigger: **Being watched while doing something important**
- **Fear of Flying:** Trigger: **Boarding a plane or thinking about turbulence**
- **Fear of Confrontation:** Trigger: **Needing to decline a request or address a conflict**

Emotional Reactivity:

- **Rapid Anger:** Trigger: **Being cut off in traffic**
- **Overwhelm in Criticism:** Trigger: **Receiving negative feedback**
- **Freezing in High-Pressure Situations:** Trigger: **Being unexpectedly asked a difficult question**
- **Emotional Shutdown in Conflict:** Trigger: **Someone raising their voice**
- **Overreaction to Minor Setbacks:** Trigger: **A small mistake at work**

Motivation and Productivity:

- **Associating Work with Stress or Boredom:** Trigger: **Seeing a to-do list**
- **Visualizing Failure Before Trying Something New:** Trigger: **Being invited to take on a new project**
- **Intimidation by Large Tasks:** Trigger: **Looking at a complex task or plan**
- **Dreading Exercise or Physical Activity:** Trigger: **Thinking about going to the gym**
- **Unmotivation to Study or Focus:** Trigger: **Opening a textbook or work file**