

# WHAT ARE YOUR BUYING TRIGGERS?

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Most addictions or compulsive behaviors are set off by something. And if not set off then there are things that trigger it more easily than others. Take a moment and write down some of the things that set you off on the path of behavior you keep swearing to abandon. It may not be shopping. Maybe it's food, sugar. Maybe you have a porn addiction. Hey, no accusations, just saying, maybe. These are just some suggestions. You will find your own.

Take this worksheet and jot down the things that send you off.

1. Depression?
2. Disappointment?
3. Shame?
4. Anxiety?
5. Relationships that don't work out the way you want.

