My scratch record

Week 1	Start date:

Date						
Scratch count						

What internal triggers and external situations made you scratch the most?

Week 2	Start date:

Date						
Scratch count						

What internal triggers and external situations made you scratch the most?

Week 3	Start date:

Date						
Scratch count						

What internal triggers and external situations made you scratch the most?

Week 4	**Start date:**

Date							
Scratch count							

What internal triggers and external situations made you scratch the most?

Week 5	**Start date:**

Date							
Scratch count							

What internal triggers and external situations made you scratch the most?

Week 6	**Start date:**

Date							
Scratch count							

What internal triggers and external situations made you scratch the most?

My trigger management plan

The external trigger situations I can remove are:

Instead, I can:

The external trigger situations I can reduce time spent in are:

Instead, I can:

My plan for internal triggers is: