

# EMBODY DAILY

CHANGING RELATIONSHIP TO ALCOHOL, SELF & LIFE

## TSM Drink Tracker

Use this worksheet to track your drinks, triggers, emotions and cravings on TSM.  
If possible, try to capture this information every time that you drink.

Day: _____	Date: _____	Did you take naltrexone?: _____
Daily unit(s) goal: _____	Actual unit(s) consumed: _____	Craving level (1 mild -5 strong): _____
What was I doing?: _____		
What was the trigger/emotion?: _____		

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