

## Bonus Tool 2: 30-Day Relapse Tracker

**Purpose:** Track progress, streaks, and daily wins visually.

| Day | Task Completed<br>✓ | Trigger Encountered | Urge Strength<br>(1–10) | Reflection/<br>Notes | Win / Lesson |
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### Instructions

- Complete daily.
- Include successes and slips.
- Review weekly to detect patterns, celebrate wins, and adjust strategies.
- Helps reinforce the identity of a man who is progressing, not failing.