



## Orbiting Recovery Tracker

### *A self-reflection worksheet for breaking the orbiting cycle*

#### **Step 1: Identify Your Trigger**

What situation, feeling, or thought made you want to check their social media?

*Example: Feeling lonely before bed, saw their name pop up in my feed.*

Trigger: \_\_\_\_\_

#### **Step 2: Rate Your Urge**

On a scale of 1–10, how strong was the urge to check?

*1 = barely there | 10 = overwhelming*

Urge Strength: \_\_\_\_\_ / 10

#### **Step 3: What You Usually Do**

What action do you normally take when this urge shows up?

*Example: I check their story to see what they're doing.*

Typical Response: \_\_\_\_\_

#### **Step 4: What You Did Instead**

Use one of these response prevention options:

- 30 seconds of slow breathing (inhale 4, hold 4, exhale 6)
- Complete one small to-do task
- Play a word game (Wordle, crossword, etc.)
- Name what you feel: *"I'm curious and uneasy, and that's okay."*

Replacement Behavior: \_\_\_\_\_

#### **Step 5: How You Felt After**

Describe how you felt after not giving in to the urge.

*Example: Uncomfortable at first, then proud I didn't check.*

Reflection: \_\_\_\_\_

## Step 6: Progress Notes

Track your emotional tolerance over time. Notice if the urge weakens or passes faster.

Date	Trigger	Urge (1–10)	What I Did Instead	How I Felt After

*Remember: Each time you resist orbiting, you're training your brain to handle curiosity and uncertainty without acting on it. That's real psychological strength.*