

AI Trigger Inventory

Clinical worksheet for Character AI use

Client Name: _____ Date: _____ Clinician: _____

Use this worksheet to help the client identify the top triggers associated with Character AI use, including emotional, relational, situational, and cognitive triggers. Then explore which triggers tend to lead to emotional use, sexualized use, and escalation.

1. Trigger Categories

Category	Examples
Emotional	Loneliness, shame, rejection, boredom, anger
Relational	Conflict, feeling unwanted, fear of vulnerability
Situational	Bedtime, being alone, after drinking, traveling, after work
Cognitive	"I deserve this," "this isn't really cheating," "it's only a chatbot"

2. Client's Top 10 Triggers for Character AI Use

#	Trigger	Category	Emotional Use	Sexualized Use	Escalation Risk
1			■	■	■
2			■	■	■
3			■	■	■
4			■	■	■
5			■	■	■
6			■	■	■
7			■	■	■
8			■	■	■
9			■	■	■
10			■	■	■

3. Reflection and Clinical Discussion

Prompt	Response Notes

Which triggers most often lead to emotional use?	
Which triggers most often lead to sexualized use?	
Which triggers are strongest for escalation?	
What patterns do you notice across time, place, emotions, or relationships?	

Clinical note: This worksheet is intended as a structured discussion tool to support assessment and treatment planning. It is not a validated diagnostic instrument.