

Identifying Triggers Worksheet

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Name: _____

Take a few moments to identify three triggers that you commonly encounter. For each trigger, answer the following questions to understand better why it affects you and how you can stay in control when confronted by it.

Why does this trigger you? Think about what specifically triggers you. Is it a specific behavior, situation, or person? Reflect on your past experiences and identify any patterns or themes that emerge.

What is your reaction to your trigger? How do you typically respond when confronted by your trigger? Do you feel angry, anxious, or frustrated? Do you lash out or shut down? Understanding your immediate reaction can help you prepare to respond differently in the future.

What do you need to remind yourself to stay in control when confronted by your triggers? Based on your reflections, consider what strategies might help you stay in control when faced with your triggers. Do you need to take deep breaths, count to ten, or remind yourself of a mantra? Write down a few reminders or coping strategies you can turn to now.

TRIGGER 1

Trigger:

Why does this trigger you?

What is your reaction to your trigger?

What do you need to remind yourself to stay in control when confronted by your triggers?

TRIGGER 2

Trigger:

Why does this trigger you?

What is your reaction to your trigger?

What do you need to remind yourself to stay in control when confronted by your triggers?

TRIGGER 3

Trigger:

Why does this trigger you?

What is your reaction to your trigger?

What do you need to remind yourself to stay in control when confronted by your triggers?