

Trigger Worksheets

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Being aware of our triggers can be a powerful tool for managing our mental health. By recognizing what may lead us to feel emotionally overwhelmed, we can take proactive steps to manage our responses. This worksheet is designed to help you identify potential triggers and make plans for how to best cope with the emotions that come with them.

Name: _____ Date: _____ dd / mm / yyyy

Take some time to identify what may lead you to feel overwhelmed or trigger a negative emotional response. Triggers can be anything from people, places, and situations to events or even specific memories or thoughts. Make a list of your potential triggers in the space below:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Now that you've identified potential triggers, take some time to assess how you typically respond when you're feeling overwhelmed. Do you become angry? Anxious? Depressed? Write down your typical responses in the space below:

1.

2.

3.

4.

5.

Think of 3-5 different techniques that you can use to manage your responses when feeling overwhelmed and write them down in the space below:

1.

2.

3.

4.

5.

Describe the problem that your triggers are contributing to. Explain what would be the worst-case scenario if you are exposed to your triggers.

Explore your own triggers by thinking about each of the categories below. Take your time and think about any specific emotion, thing, or thought that act as a trigger for you.

Emotions

Emotions

Places

Places

Things

Things

People

People

Thoughts

Thoughts

Activities

Activities

Events/Situations

Events/Situations