

Trigger Tracking Map

When we are triggered, the reaction is rarely in our head first—it is in our body.

Think of a recent moment when you were intensely triggered by someone. Where did you feel that reaction?



Mark the figure above:

- Draw LIGHTNING where you felt activation (heat, tension, energy)
- Draw MIRRORS where you see yourself reflected in the trigger
- Draw ROOTS where you felt grounded (if at all)

The body's reaction tells you what is truly at stake beneath the surface story.