



# Triggers

A **stimulus** that prompts an unwanted emotional or behavioral response. Triggers may include people, places, situations, or objects that automatically activate distress, anxiety, or other difficult reactions, often based on past experiences or associations.

## The Problem ?

Describe the problem that your triggers are contributing to. What's the worst case scenario, if you are exposed to your triggers?


## Trigger Categories

Triggers come in many forms - like how a sudden backfiring car might instantly put you on high alert. To discover your own triggers, consider each category below. Does a particular sound send your heart racing? Do certain crowded environments make you feel unsafe? Note your responses in the spaces provided.

Emotional State	
People	
Places	
Things	
Thoughts	
Activities/Situations	

## Tips for Dealing with Triggers

- Look, avoiding triggers isn't running away - it's tactical wisdom. Adjust your surroundings, relationships, and routines to protect your peace. There's no medal for needlessly walking into emotional ambushes.
- When you can't avoid triggers (because life happens), have your personal toolkit ready. Figure out what actually brings you back to center - that breathing technique, your buddy on speed-dial, or that phrase that reminds you "I'm here now, not there."
- Don't wait for the storm to practice using your umbrella. The quiet moments are your training ground. Just like you didn't learn military skills during combat, your coping strategies need regular practice when things are calm.

## Triggers



In this section, you will develop a plan to deal with your three biggest triggers. Review your plan frequently and practice your strategies.

Describe your three biggest triggers in detail.

Trigger	#1	
	#2	
	#3	

Describe your strategy for reducing or avoiding exposure to trigger or when you simply cannot avoid it any longer

Trigger	#1	
	#2	
	#3	