

Trigger

Directions: Identify and reflect on your 3 biggest triggers, why they trigger you and what you can do to stay in control when confronted by your trigger.

Trigger 1: someone asking for explanation, to whom I didn't even owe.

Why does this trigger you?

I don't believe I should be justifying myself when it's not needed and someone asking for it acts as annoying person to me.

What is your reaction to your trigger?

I try to calm myself and not loose temper against anyone as consequences are never too good.

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

I remind myself about worst times and it helps me to pass the situation calmly.

Trigger 2: Dirty Rooms

Why does this trigger you?

I always liked well organized surrounding and I want things to be in places always.

What is your reaction to your trigger?

I start to manage stuff and make it cleaner.

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

I remind myself about worst conditions.

Trigger 3: someone who is not punctual

Why does this trigger you?

I try to be on time with all the stuff as long as possible until and unless it's a necessity to change the time.

What is your reaction to your trigger?

I try to advise the person about doing things in time limit and perks of being on time.

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

I try to remind about immediate things that could have happened not being on time and being on time.

