

Recognizing Triggers and Triggering

Each time you think you might be triggered, write in your reaction (feelings, thoughts, physical responses), its intensity, what was happening just before, and how you coped. Did you try to ignore it or suppress it? Did you judge yourself or the trigger? Do not judge, just notice.

Date, time, situation	Feelings, thoughts, and physical sensations that got triggered	Intensity: 0-10	Trigger: What was happening just before?	Coping: What did you do to cope?