

Exploring Triggers in Your Relationship

This worksheet is designed to help couples identify emotional triggers and create deeper understanding and safety within the relationship. Use these questions as prompts for open, honest, and compassionate dialogue.

Emotional Safety & Stress Responses

- When you're feeling stressed or overwhelmed, how do you usually react-physically, emotionally, or relationally?
- What are some signs that you're starting to shut down or feel overwhelmed during intimacy or conflict?
- When do you most feel like you have to protect yourself in this relationship?
- What does safety look like or feel like to you-physically or emotionally?

Trigger Identification Through Lived Experience

- Can you remember a recent moment when you felt misunderstood or disconnected? What was happening for you underneath the surface?
- What kinds of situations tend to bring up a big emotional reaction in you-even if you're not sure why?
- Are there things your partner does or says that accidentally remind you of a past experience?
- What do you notice happening in your body when you start to feel emotionally unsafe?

Needs, Boundaries & Unspoken Expectations

- What are some needs you have in this relationship that feel hard to say out loud?
- Is there something you've wanted more of (or less of) but haven't known how to ask for?
- Are there any boundaries-emotional, physical, or sexual-that you wish were more respected or understood?
- When you start to feel triggered or distant, what's the best way for your partner to support you?

Intimacy & Connection Cues

- What does emotional intimacy mean to you, and when do you feel most connected?
- Have there been times during physical or emotional closeness that felt overwhelming or confusing?
- Do you ever find yourself performing or shutting down during intimacy? What might help shift that?
- Whats one small moment of connection-non-sexual or sexual-that has felt really good and safe for you recently?

Building Co-Regulation & Repair

- What helps you feel soothed when youre emotionally activated?
- Can you identify a time when you repaired a disconnect well-what worked?
- What are some gentle signals you can give each other to pause, check in, or slow down when a moment feels too much?
- If your nervous system could speak, what would it ask from your partner during vulnerable moments?