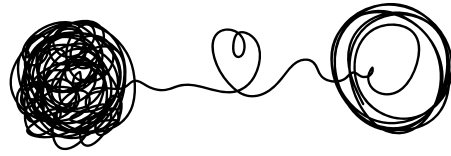


The background of the entire page is a light-colored marbled pattern, resembling marble or stone, with soft, swirling veins of grey and blue on a white base.

# *Triggers*

## **TRACKER LOG**

# TYPES OF Triggers



## EMOTIONAL TRIGGERS

- FEELINGS OF REJECTION, LONELINESS, OR ABANDONMENT.
- EXPERIENCING CRITICISM OR FAILURE.
- INTERPERSONAL CONFLICTS OR MISUNDERSTANDINGS.

## COGNITIVE TRIGGERS

- NEGATIVE SELF-TALK OR OVERTHINKING.
- STRESSFUL DECISION-MAKING OR PROBLEM-SOLVING SITUATIONS.
- RUMINATION ON PAST EVENTS.

## ENVIRONMENTAL TRIGGERS

- LOUD NOISES OR SUDDEN CHANGES IN SURROUNDINGS.
- CROWDED OR CHAOTIC SPACES.
- SPECIFIC LOCATIONS TIED TO PAST TRAUMA.

## RELATIONAL TRIGGERS

- ARGUMENTS OR TENSION WITH LOVED ONES.
- FEELING UNSUPPORTED OR INVALIDATED.
- COMPARISON TO OTHERS OR FEELINGS OF INADEQUACY.

## PHYSICAL TRIGGERS

- LACK OF SLEEP OR FATIGUE.
- HUNGER OR PHYSICAL DISCOMFORT.
- SENSORY OVERLOAD, SUCH AS BRIGHT LIGHTS OR STRONG SMELLS.

## SITUATIONAL TRIGGERS

- DEADLINES, EXAMS, OR OTHER HIGH-PRESSURE SCENARIOS.
- FINANCIAL STRESS OR UNCERTAINTY.
- PUBLIC SPEAKING OR SOCIAL EVENTS.

## TRAUMA TRIGGERS

- REMINDERS OF PAST TRAUMATIC EVENTS (E.G., ANNIVERSARIES, SIMILAR SITUATIONS).
- CERTAIN WORDS, IMAGES, OR SOUNDS.
- PHYSICAL SENSATIONS LINKED TO PAST EXPERIENCES.

# WAYS TO COPE WITH

# Triggers



1. **Deep breathing:** Focus on your breath to stay present.
2. **Visualization:** Imagine a safe and calming place.
3. **Physical Activities:** Go for a walk, do stretching exercises or dance.
4. **Mindfulness Practices:** Meditate for 5-10 minutes daily
5. **Journaling:** Write about your emotions and thoughts, create a gratitude list to focus on positivity.
6. **Social Support:** Reach out to a trusted friend or family members. Schedule regular check-ins with a therapist.
7. **Creative Outlets:** Paint, draw or craft to express emotions.
8. **Sensory Outlet:** Play a musical instrument or listen to calming music.
9. **Self-Care Routines:** Prioritize sleep, eat balanced meals, stay hydrated and take breaks to recharge.
10. **Affirmations:** I can handle this moment with grace and strength.

# Triggers

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**Describe physical sensations (e.g., tension, heart racing).**

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**Note any thoughts or beliefs tied to the situation.**

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**Describe your immediate reaction (e.g., actions).**

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**What coping strategies did you use or could use?**

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**What lessons or patterns have been observed?**

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