Identifying Triggers

Trigger = a reminder of trust breach often accompanied by intense emotion and traumatic reaction (e.g., intrusive thoughts). List your specific triggers and together work on an action plan to address them. See example below.

|  |  |
| --- | --- |
| Specific Triggers | Action Plan |
| For example:  Seeing attractive people (with or without partner) | For example:  Hold your partner’s hand if in public. |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |