**Trigger Coping Plan for Couples**

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| *The main triggers in our relationship are:* |
| *1.* |
| *2.* |
| *3.* |

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| *Strategies for managing triggers:** Time outs and/or alone time
* Making a request (e.g., for a hug, for reassurance)
* Talking about it (using “I” statements)
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| *Behaviors to avoid:* |