**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:* |