



Coping Plan

When we go through a major stressful experience, trauma, or grief, it is not uncommon for us to experience re-triggering of feelings. These can often be unexpected and take us by surprise. Once you have experienced a huge impactful event, your feelings attached to that event (e.g., loss, shock, anger, betrayal, grief, panic) become tied to your memories. This means that certain sounds, objects, smells, anything that forms a reminder of your big event can be a potential trigger.

Though triggering can be overwhelming, it is helpful to remember that this happens because of the learning process in the brain, and every time we become triggered, there is an opportunity for us to “un-learn” or “un-hook” these triggers. This occurs over time, so be gentle with yourself when it doesn’t come easy right away. Little by little, it will get better as you attempt to form an alternative response. That is how re-learning occurs after all, through repetition.

Because it is not possible to avoid all possible triggers (and nor is it healthy to), here is a personalized Coping Plan for you to feel more prepared for how you would like to respond should big feelings become triggered. You need to walk with confidence through your life, and help yourself through triggers when they occur.

FEELINGS

Feelings that may be triggered in me (e.g., numbness, panic, overwhelm):

POSSIBLE TRIGGERS

I have noticed in the past that these feeling have been triggered by (items, words, images, etc):

STRATEGIES

In order to support myself, I can remember these strategies (things to think, things to do, people to seek support from, etc):
