

TRIGGER TRACKER

Use your triggers as tools to help you find what needs to be healed, worked on and changed.

- Track your triggers over the span of 1-2 weeks.
- How do you typically respond to your triggers? (sweaty palms, upset stomach, shaking, rage, tears, etc)
- What are the common underlying themes that can be seen in your triggers? (example: feeling unheard, disrespected, lonely, etc)
- Do I respond with fight, flight, freeze, or fawn to most triggering situations?
- How long does it take for you to calm you nervous system after a triggering event?
- What helps to calm your nervous system after a trigger?
- Can you notice a difference in the frequency of your triggers when you are Hungry, Angry, Lonely, Tired, or Stressed? (HALTS)
- Are your triggers worse or more frequent when you are using Bad Coping Habits and Avoidance?
- What are some Healthy Coping Skills that you can use to help decrease the frequency and severity of your response to triggers?
- What are some boundaries that may need to be put in place as evidenced by these triggers?
- Are there traumas and struggles from your past that need to be worked through and healed so that they do not continue to affect your life this way? How can you begin to do that? What supports and tools might you need to accomplish this?