

CLEARBRIDGE

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24-Hour Trigger Awareness & Pattern Mapping Worksheet

24-Hour Trigger Check-In (Quick Note) – for when you only have 5 minutes

1 The moment What happened right before I noticed a shift?

→ _____

2 Body first What did my body do? (circle / note)

→ tense | shallow breath | heat | numb | heavy | restless | other: ____

Where? _____ Intensity (0–10): ____

3 The urge What did I feel pulled to do?

→ withdraw | defend | please | snap | numb | escape | other: ____

Acted on it? yes / no / a bit

4 Familiarity This feels: new / familiar / very familiar

Shows up with: work | family | close people | authority | social

5 One noticing “When I feel _____,

I tend to _____.”

Reminder: Noticing counts. No fixing required.

24-Hour Trigger Check-In – for when you have 10-15 minutes

Purpose:

This reflection is designed to gently build awareness of what tends to activate you, how your body responds, what urges or reactions show up, and how familiar this pattern feels across different parts of your life. There are no “right” or “wrong” answers. The goal is awareness, not judgment.

Instructions for Clients

Set aside 10–15 minutes. Reflect on the **past 24 hours only**. If more than one situation stands out, you may fill out more than one row or focus on the most impactful moment.

1. Brief Snapshot of the Last 24 Hours

(Optional grounding check-in)

- One or two words that describe how the past day felt overall:

2. Trigger(s): What Set Things In Motion?

Describe what happened just before you noticed a shift.

This could be something external (a comment, situation, memory, interaction) or internal (a thought, image, feeling).

- What happened?

- Where were you / who was involved (if relevant)?

3. Somatic (Body) Responses

Notice what your body did before your mind reacted.

Check any that apply and/or add your own.

- Tight chest
- Shallow breathing
- Clenched jaw / fists
- Heat / flushing
- Numbness / dissociation
- Stomach discomfort
- Restlessness / urge to move
- Fatigue / heaviness
- Other: _____

Where in your body did you feel this most strongly?

Intensity (0–10):

0 (very mild) — 10 (very intense) Circle one: 0 1 2 3 4 5 6 7 8 9 10

4. Urge(s) or Reaction(s)

What did you feel pulled to do, say, or avoid?

(This includes urges you *did not* act on.)

- Urge(s):

(e.g., withdraw, defend, people-please, shut down, lash out, numb, fix, escape)

- Did you act on this urge?
 Yes No Partially
- If you did act: what did that look like?

- If you didn't act: what helped you pause or choose differently (if anything)?

5. Meaning-Making (Optional but Helpful)

What did this moment seem to say about you, others, or the situation?

- Automatic thoughts, assumptions, or beliefs that showed up:

(e.g., "I'm not safe," "I'm going to mess this up," "They don't care," "I have to handle this alone")

6. Pattern Recognition: How Familiar Is This?

Zoom out. This is about noticing repetition, not blaming yourself.

- How familiar does this trigger-body-urge pattern feel?
 Very new Somewhat familiar Very familiar / long-standing

- Where else does (or has) this shown up?
 - Romantic relationships
 - Family of origin
 - Friendships
 - Work / school
 - Authority figures
 - Being criticized or misunderstood
 - Feeling ignored, pressured, or rejected
 - Other: _____

Are there particular people or roles where this shows up more strongly?

7. Gentle Reflection (Not Problem-Solving)

Answer any that feel accessible:

- If this response had a protective intention, what might it be trying to protect you from?

- What does noticing this pattern help you understand about yourself?

8. Regulating or Supportive Moments (If Any)

Even small moments count.

- Did anything help your body settle, even briefly?

(e.g., breathing, movement, distraction, connection, rest, self-talk)

Closing Reminder to Client

Awareness is a skill that builds over time. Simply noticing—even after the fact—is meaningful work.