

MARYKE VAN ZYL, PH.D.

Clinical Psychologist



Trigger Tracker

Triggering Event or Situation	Thoughts	Emotions	Bodily Sensations	Memories, Images, or Impulses
<i>"Here's what happened..."</i>	<i>"I'm having the thought that..."</i>	<i>"I feel... (use an emotion word)."</i>	<i>"I have a sensation of..." or "I have a physical feeling..."</i>	<i>"I have the memory of..." or "I have the impulse to..."</i>