



Trigger Awareness Worksheet

1. What are your most common emotional triggers in relationships?

- Example: Feeling ignored, being yelled at, being left out, etc.

2. What emotions arise when you are triggered?

- Example: Fear, anger, sadness, shame

3. Where do you feel this in your body?

- Circle areas on a body outline or describe below:

4. How do you typically respond when triggered?

- Fight / Flight / Freeze / Fawn

5. What helps you feel safe again?

- Coping tools, people, environments



Window of Tolerance Chart

Signs You're IN Your Window:

- Calm but alert
- Emotionally present
- Able to think clearly
- Connected to others

Signs of Hyperarousal (Above Window):

- Anxious, angry, overwhelmed
- Racing thoughts or heart
- Feeling unsafe or out of control

Signs of Hypoarousal (Below Window):

- Numb, shut down
- Withdrawn or dissociated
- Exhausted or disconnected



Grounding Techniques Checklist

Use these grounding techniques to return to the present moment when feeling triggered or Overwhelmed.

- 5-4-3-2-1 Sensory Grounding
- Deep Belly Breathing
- Cold Water Splash or Ice Cube
- Naming Objects Around You
- Grounding Touch (pressing feet into floor)
- Tapping (EFT)
- Smell Something Strong (peppermint, lavender)
- Weighted Blanket or Hug



Communication Scripts for Conflict

1. 'I feel [emotion] when [triggering behavior]. I need [need].'
- Example: 'I feel anxious when you walk away during conflict. I need us to agree on a pause and return time.'
2. 'When this happens, my trauma response is triggered. Can we talk about how to make this safer for both of us?'
3. 'I'm noticing I'm getting triggered. I need a moment to ground before continuing this conversation.'



Journal Prompts for Integration

1. What relationships or patterns bring up the most emotional charge for me?
2. What do I need to feel emotionally safe with someone?
3. How do I typically respond when I feel emotionally threatened?
4. What is one way I can begin to respond differently?
5. What do I want to experience more of in my relationships?
6. What does healing in love look and feel like to me?