

TRIGGER TRACKER

Identify patterns, reflect and REBUILD



Date:

This tool is designed to help you reflect on triggering situations, identify patterns, and develop healthier coping strategies. By tracking your triggers and reactions, you can gain a better understanding of your emotional responses and learn to manage them more effectively.

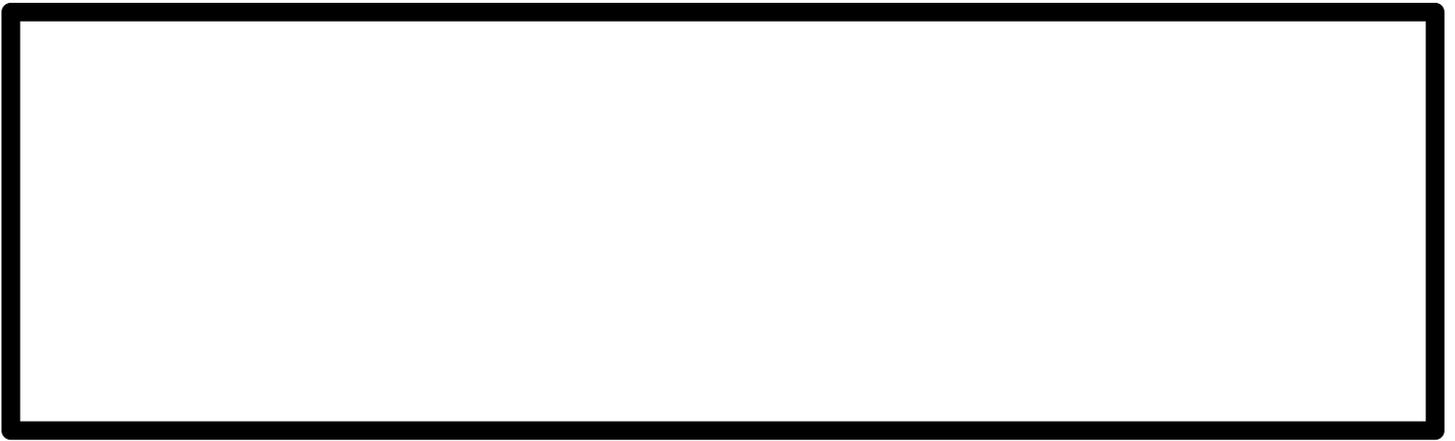
Take your time when filling it out, be honest with yourself and remember each experience is a learning opportunity.

1. What Happened?

Describe the situation as clearly and factually as possible. Who was there? Where were you? What were the circumstances?

2. What Was the Trigger?

What specific thing triggered your reaction? Was it a tone of voice? A smell? A look? Feeling ignored? Be as specific as possible.



3. How Did You Feel?

Name the emotion(s) you felt. Angry? Abandoned? Ashamed? Unsafe? It's okay to have multiple feelings.



4. How Did You React?

How did you react to the trigger and your feelings? Did you shut down? Lash out? Crave a drink or substance? Did you isolate yourself?



5. What Helped or Could've Helped?

What helped you in the moment, or what do you think *could* have helped? Breathing exercises? Walking away? Texting a friend? Listening to music? What's your go-to grounding tool, or what could it be?



Next Steps

Reflect on your responses. Are there any patterns? What can you learn from this experience? Consider discussing your findings with a therapist or trusted friend. Remember, self-awareness is the first step toward change.