TRIGGER MANAGEMENT WORKSHEET

**STEP THREE. Raise awareness of trigger reactions.**

*Brainstorm safe and helpful approaches to trigger reactions.*

**STEP TWO. Raise awareness of trigger reactions.**

*How do you tend to react to each specific trigger you listed in Step One – what physical reactions? what thoughts, emotions, or urges? what behaviour?*

**STEP ONE. Identify the triggers.**

*Which people, places, things touches, tasks, dates, emotions, physical conditions or situations set off strongly negative emotional reactions?*