

Identifying Triggers

Trigger: Something that sets off our brain's alarm system and kick-starts our survival strategies: fighting, fleeing, or freezing.

Notice your triggers. Pay attention to a time this week (or recently) when you were triggered.

What was the situation? What do you think triggered you?

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What was your response? Describe as many as you can:

Body:.....

Thoughts:.....

Feelings:.....

Behaviour:.....

Was this a fight, flight, or freeze response?

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Rate the intensity of your arousal:

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-1	0	1	2	3	4	5	6	7	8	9	10
Shut down		Low energy/ Calm				Moderate Energy			High energy/ Intense Emotion		

How did you cope with the situation or the feeling?

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