

Trauma Triggers

Identify and gain a better understanding of trauma triggers. Fill out each box to discover your top triggers and how to avoid them.

Trigger Exposure

Describe what happens when you're exposed to your trigger. What's the biggest one you've ever experienced?

Types of Triggers

Explore these common trigger categories and describe your own experiences and associations with each one.

Emotions: _____

People: _____

Places: _____

Things: _____

Thoughts: _____

Situations: _____

When you're done, give each trigger a score of 1-10 to indicate which has the least impact (1) or the most impact (10) on your well-being:

Emotions: _____

People: _____

Places: _____

Things: _____

Thoughts: _____

Situations: _____



Biggest Triggers

Identify your top three triggers and describe each one. Include the emotions and beliefs attached to each trigger.

#1. Trigger:

- How I feel:
- Why I believe this to be true:

#2. Trigger:

- How I feel:
- Why I believe this to be true:

#3. Trigger:

- How I feel:
- Why I believe this to be true:

Avoiding Your Triggers

How do you currently try to avoid your biggest triggers? What strategies work best and which could use some refining?

What are some new strategies you could do to avoid your triggers, or at least reduce your exposure to them? Write at least one new idea for your top three triggers.

#1. Trigger: _____

#2. Trigger: _____

#3. Trigger: _____