

humantold

Triggers & Actions List

Life is full of stressors becoming aware of what specifically hits us hard and ways in which to handle that is essential to teaching our brains we are prepared and able to manage these triggers as they come along. We cannot always control a trigger from happening, but know what resources we have allow you to influence the severity, frequency and duration. You may benefit from doing this in collaboration with a therapist.

To begin with:

- Become curious about your own physical and mental sensations
- What are some initial thoughts about the causes and effects of the trigger in different areas of your life? These may include:
 - Emotional State (angry, sad, happy, etc.)
 - Physical state (exhausted, tense, relaxed, etc.)
 - People
 - Physical Places
 - Things
 - Thoughts
 - Situations/Activities

What is my hope when dealing with my trigger? (This may be different for each)

humantold

Triggers <ul style="list-style-type: none">• Below explore in detail how the triggers affect you before, during and after?• Ask yourself to rate the intensity of the trigger (1-10)• What factors affect the trigger such as presence of others	Action/Coping Skill <ul style="list-style-type: none">• Below think about specific ways to either avoid or reduce exposure to this trigger.• Then identify what action/coping to use if you are triggered. Think about actions for during and after.

humantold
