

# Identifying Triggers

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**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?

\_\_\_\_\_

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

Body: \_\_\_\_\_

Thoughts: \_\_\_\_\_

Feelings: \_\_\_\_\_

Behavior: \_\_\_\_\_

Was this a fight, flight, or freeze response? \_\_\_\_\_

Rate the intensity of your arousal:

-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?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_