

What Triggers Me? (The Trigger Grid)

What Is a Trigger?

Times I Have Been Triggered

1.

2.

3.

4.

5.

6.

What Triggers Me?

7. _____
8. _____
9. _____
10. _____

What Kinds of Things Trigger Me? (What Are My Triggers?)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

What Happened After I Got Triggered?

What Triggers Me?

<i>Trigger #</i>	<i>What I Thought After This Trigger</i>	<i>What I Felt After This Trigger</i>	<i>What I Did After This Trigger</i>
1			
2			
3			

What Triggers Me?

<i>Trigger #</i>	<i>What I Thought After This Trigger</i>	<i>What I Felt After This Trigger</i>	<i>What I Did After This Trigger</i>
4			
5			
6			

What Triggers Me?

<i>Trigger #</i>	<i>What I Thought After This Trigger</i>	<i>What I Felt After This Trigger</i>	<i>What I Did After This Trigger</i>
7			
8			
9			

What Triggers Me?

<i>Trigger #</i>	<i>What I Thought After This Trigger</i>	<i>What I Felt After This Trigger</i>	<i>What I Did After This Trigger</i>
10			

How I Know I've Been Triggered

1. _____

2. _____

3. _____

What Triggers Me?

4. _____

5. _____

What I Could Do So That I Wouldn't Get Triggered

1. _____

2. _____

What Triggers Me?

3.

4.

5.

6.

What Triggers Me?

7. _____

8. _____

What I Could Do After I Get Triggered That Would Make It Better and I Wouldn't Get So Upset or Mad

1. _____

2. _____

What Triggers Me?

3. _____

4. _____

5. _____

6. _____

