Emotional Liberation: Triggers and Trauma
Triggers Worksheet

Here are some common reactions which become habits and recurring patterns. Notice in each description there is first something one sees, hears, or thinks— that is the trigger. Then, there is a feeling, an emotional response to that stimulus. Next is a reaction, some behavior, words, or actions.
- When my mother (or anyone) criticizes me—I become furious and can't speak for days.
- When my partner raises his voice—I get scared and quit talking to him for two or three days.
- When I think of the way my father treated me—I feel sad and can't get out of bed.
- When I think about my career—I feel depressed and don't do well at work.
- When I look at my body in the mirror—I feel disgusted and go eat something.
- When my boyfriend dumped me—I was depressed for a year and still don't feel like trying.
- When I fight with my wife—I feel hopeless that things will never get better and start drinking or get mad and yell insults at her.
- When I want to have sex, and my partner refuses—I feel rejected and lonely and go sit in the basement, smoke pot, and play video games.

      Identify the times you get upset, emotional, angry, or afraid. You can become aware of them when they repeat. (If you don't think you have any, ask someone who knows you well.) Put your reactive pattern into a cause-and-effect or when-then statement, like these examples from my clients above. Write one or more of your "when-then" statements in this form: When X happens, I feel Y, and then I do Z.

<center>Pattern 1:</center>

When (X= something that happens)_____,
I feel (Y= one or more emotions)_____,
and then I (say or do Z)_____.

<center>Pattern 2:</center>

When (X= something that happens)_____,
I feel (Y= one or more emotions)_____,
and then I (say or do Z)_____.

X is the trigger; Y is the emotion that gets activated; Z is the reaction. There may be several of each one in your pattern. Turn your reaction pattern into a simple sentence, as in the examples.
Now add more specific details to each of these.
X - My Triggers:

Y - My Emotions:

Z - My Reactions