

RECOGNIZING TRIGGERS

Any time you get triggered, fill in this chart to help you recognize what specifically triggers you and how you react to your triggers.

Date/Time/ Situation	Feelings, thoughts, and physical sensations that got triggered	Intensity (0-10)	Trigger: What was happening just before your feelings, thoughts, and physical sensations started	Coping: What did you do to cope?

Chart Adapted From: The Living Legacy of Trauma Worksheet 5