ADULTS | PRINTABLE WORKSHEET

Understanding Your Triggers



WHAT THIS IS

A trigger is something that sets off a strong emotional reaction, often tied to past experiences. Understanding yours gives you more choice.

HOW TO USE IT

1. Notice a strong reaction.
2. Trace it: what happened, felt, and thought?
3. Choose a new response.

EXAMPLE

"Trigger: boss says 'we need to talk.' Feeling: dread. Old story: I'm in trouble. New response: ask what it's about."

What happened	Feeling & body	The story I told myself	A new response

Patterns I notice

What I need when triggered

- ☐ Space
- ☐ Reassurance
- ☐ To be heard
- ☐ Time to think
- ☐ Movement
- ☐ Support

Triggers connected to trauma can be intense. Consider working with a trauma-informed counselor for support.

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. It is not a diagnosis or a substitute for individualized professional care. In a crisis call or text 988, or call 911.