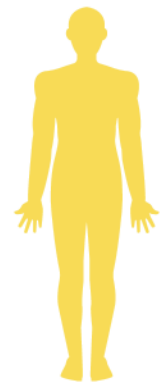


# TRIGGER AWARENESS IN 3 STEPS

Trigger: An event mechanism that is the cause of a particular action, process, or situation. Triggers can send us down a path of dysregulation. Becoming aware of what they are, how they manifest, how it feels when they're coming on, and developing strategies for when they happen is key to self-regulation.

## STEP 1: Identify a mild trigger for yourself - something that is a minor irritation or "rub"

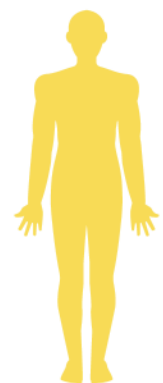
**Identify where you feel in in the body** (eg, *I get a headache, I grind my teeth, I feel sick in my stomach, etc.*). Mark up the diagram if that feels helpful.



**Identify any thought patterns that accompany this trigger** (eg, *they do this all the time, why can't I get it right, what's wrong with me, etc.*). Use the diagram to create a mindmap if that feels helpful.



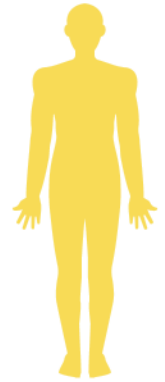
**Identify any physical behaviours an onlooker may notice if you are triggered** (eg, *I look around anxiously, I tap my foot uncontrollably, my mouth sets in a specific way, etc.*). Mark up the diagram if that feels helpful.



# TRIGGER AWARENESS IN 3 STEPS

**Step 2: Identify a more emotionally impactful trigger - something that is of moderate annoyance and causes a larger reaction from you**

**Identify where you feel in in the body** (eg, I get a headache, I grind my teeth, I feel sick in my stomach, etc.). Mark up the diagram if that feels helpful.



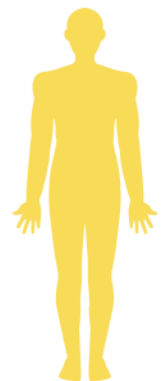
Light blue rectangular area for marking up the body diagram.

**Identify any thought patterns that accompany this trigger** (eg. they do this all the time, why can't I get it right, what's wrong with me, etc.). Use the diagram to create a mindmap if that feels helpful.



Light blue rectangular area for marking up the head diagram.

**Identify any physical behaviours an onlooker may notice if you are triggered** (eg. I cry, I raise my voice, I leave the room, etc.). Mark up the diagram if that feels helpful.



Light blue rectangular area for marking up the body diagram.

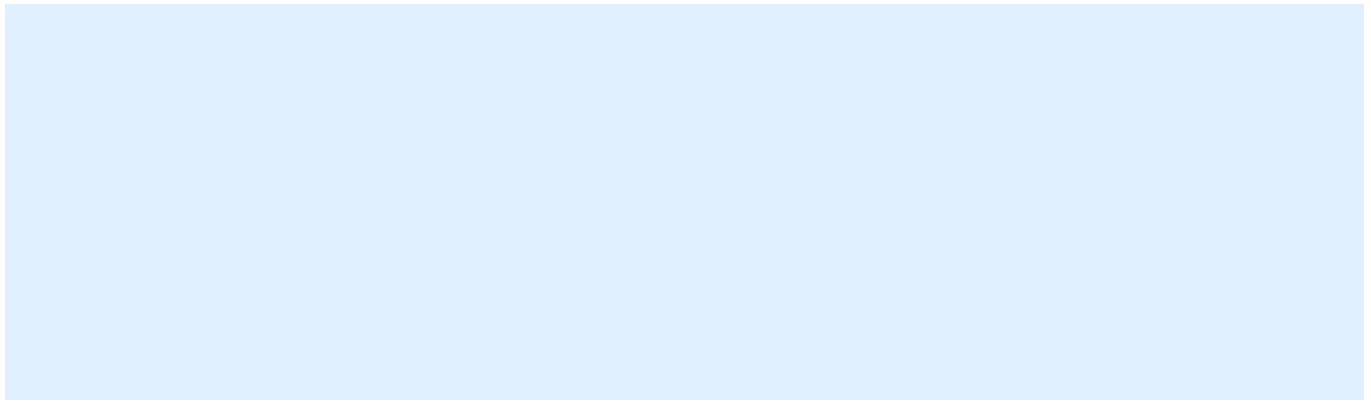
**What is the difference for you between a mild and moderate trigger?**

Light blue rectangular area for writing the answer.

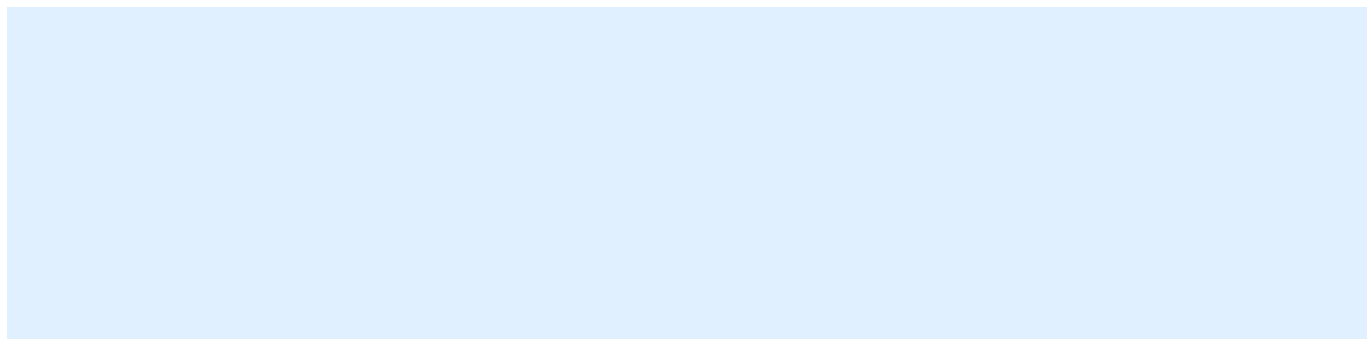
# TRIGGER AWARENESS IN 3 STEPS

## Step 3: Develop strategies to practice when triggers happen

**How can you use the awareness of your thought patterns and body reactions to act as an “early warning system” for reactions?**



**Who can you talk to about these patterns you are noticing? Who may be supportive in this new awareness?**



**What other things can you do to process thoughts and emotions about triggers?** *(Eg. journal, exercise, other movement, therapy, book club, dancing, asking someone trusted for a hug, etc.)*

