



## Trigger Worksheet

**Instructions:** Use this worksheet to identify your emotional triggers and develop a personalized diffusion strategy. Reflect on your responses and patterns to gain better self-awareness and control over your reactions.

### Step 1: Identify Your Triggers

Think about situations, people, or events that cause a strong emotional response. List them below.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Step 2: Recognizing Emotional Patterns

For each trigger listed above, note the emotions and physical reactions you experience.

Trigger	Emotion(s) Felt	Physical Sensations

### Step 3: Thought Patterns

What thoughts typically arise when you encounter these triggers? Are they rational, or do they exaggerate the situation?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_





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### Step 4: Developing a Diffusion Strategy

Using your responses from above, create a strategy for managing each trigger. Consider techniques such as deep breathing, cognitive reframing, grounding exercises, or seeking support.

Trigger

Diffusion Strategy


### Step 5: Action Plan

Based on your findings, create an action plan to implement your diffusion strategies in real-life situations.

- When I feel triggered, I will: \_\_\_\_\_
- A self-soothing technique I can use is: \_\_\_\_\_
- A positive affirmation to remind myself is: \_\_\_\_\_
- A trusted person I can reach out to is: \_\_\_\_\_

### Reflection:

- What patterns do you notice about your triggers and emotional responses?
- How can you apply these strategies in daily life to manage emotions effectively?
- What additional support do you need to reinforce these strategies?

By completing this Trigger Map, you take an essential step toward self-awareness and emotional control.  
Revisit this worksheet regularly to track your progress and refine your strategies.