



Trigger Mapping Worksheet: Identifying and Defusing Your Emotional Landmines

Instructions:

Use this worksheet to identify your personal emotional triggers, understand their sources, and create strategies to defuse them. This process will help you become more aware of your emotional patterns, empowering you to respond more mindfully to challenging situations.

Step 1: Identify Your Emotional Triggers

Think about situations that frequently provoke strong emotional reactions. These can be anything from anger, anxiety, sadness, or frustration. Below, list at least five specific situations where you tend to react emotionally. Be as detailed as possible.

Trigger #1:

Situation/Context:

Emotion Felt:

Intensity (circle one): 1 2 3 4 5 6 7 8 9 10

Trigger #2:

Situation/Context:

Emotion Felt:

Intensity (circle one): 1 2 3 4 5 6 7 8 9 10

Trigger #3:

Situation/Context:

Emotion Felt:

Intensity (circle one): 1 2 3 4 5 6 7 8 9 10

Trigger #4:

Situation/Context:

Emotion Felt:

Intensity (circle one): 1 2 3 4 5 6 7 8 9 10



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Step 2: Connect Past Experiences to Current Reactions

Reflect on whether your triggers might be connected to past experiences or unresolved emotions. Below, write about any patterns you've noticed and the events that might have contributed to these emotional reactions.

Trigger #1 - Past Connection:

Past Event:

How it relates to current trigger:

Trigger #2 - Past Connection:

Past Event:

How it relates to current trigger:

Trigger #3 - Past Connection:

Past Event:

How it relates to current trigger:

Trigger #4 - Past Connection:

Past Event:

How it relates to current trigger:



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Step 3: Recognize Physical and Mental Warning Signs

Next, list the physical and mental warning signs you notice when you're approaching a trigger. These can include things like rapid heartbeat, tightness in your chest, feeling overwhelmed, or negative thoughts. The more aware you are of these early signs, the easier it will be to intercept your emotional response.

Trigger #1 -

Physical Signs: _____

Physical Sensations: _____

Mental Thoughts/Feelings: _____

Trigger #2 -

Physical Signs: _____

Physical Sensations: _____

Mental Thoughts/Feelings: _____

Trigger #3 -

Physical Signs: _____

Physical Sensations: _____

Mental Thoughts/Feelings: _____

Trigger #4 -

Physical Signs: _____

Physical Sensations: _____

Mental Thoughts/Feelings: _____



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Step 4: Develop a Graduated Exposure Plan

In this step, you will create a plan for gradually exposing yourself to situations that trigger you, starting with the least overwhelming. This approach will help you build tolerance over time and reduce the intensity of your emotional reactions.

Trigger #1 Exposure Plan:

Step 1: _____

Step 2: _____

Step 3: _____

Trigger #2 Exposure Plan:

Step 1: _____

Step 2: _____

Step 3: _____

Trigger #3 Exposure Plan:

Step 1: _____

Step 2: _____

Step 3: _____

Trigger #4 Exposure Plan:

Step 1: _____

Step 2: _____

Step 3: _____

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Step 5: Create Personal Cognitive Reframing Scripts

For each emotional trigger, create a reframing script to challenge negative thought patterns and replace them with healthier, more balanced perspectives. The goal is to shift from a reactive mindset to a more thoughtful, responsive approach.

Trigger #1

Reframing Script:

Negative Thought:

Reframed Thought:

Trigger #2

Reframing Script:

Negative Thought:

Reframed Thought:

Trigger #3

Reframing Script:

Negative Thought:

Reframed Thought:

Trigger #4

Reframing Script:

Negative Thought:

Reframed Thought:



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Step 6: Seek Professional Help (When Necessary)

Sometimes, emotional triggers are too overwhelming or persistent to handle on your own. If you've been working through your triggers without success or if your emotional reactions are affecting your daily life, it may be time to seek professional help.

Trigger #1 - Is professional help needed?

Circle one: Yes/No

Why/Why Not: _____

Trigger #2 - Is professional help needed?

Circle one: Yes/No

Why/Why Not: _____

Trigger #3 - Is professional help needed?

Circle one: Yes/No

Why/Why Not: _____

Trigger #4 - Is professional help needed?

Circle one: Yes/No

Why/Why Not: _____

Completion & Next Steps:

- Review your work and reflect on any patterns you see across your emotional triggers.
- Use your reframing scripts and exposure plans to start defusing triggers in your daily life.
- If necessary, seek out a mental health professional to help with persistent triggers.

Reminder: Change takes time, but with consistent effort and awareness, you can move toward emotional regulation and self-mastery.