

THE FIRST STEP IS AWARENESS: IDENTIFY YOUR MOST IMPACTFUL TRIGGERS

Working with triggers requires awareness. Triggers ignite emotional surges, heightened anxiety, panic, anger, rage, jealousy, envy, resentment, need to flee, etc., overwhelming urges, or reactivity.

THESE ARE COMMON TRIGGERS. IDENTIFY AND RATE HOW THESE TYPICALLY IMPACT YOU. USE AS GUIDE AND ADD TO IT AS YOU IDENTIFY MORE. [SAVE AND TYPE WITHIN](#)

INDICATE HOW TRIGGERING THESE EXPERIENCES TEND TO BE:

NO IMPACT	SOME IMPACT	HIGH IMPACT
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IDENTIFY YOUR COMMON REACTIONS TO TRIGGERS

Mindfulness requires AWARENESS in each moment. It requires pausing and identifying how you are feeling, especially when triggered. This awareness allows you to prevent mindlessly reacting.

INDICATE WAYS YOU TYPICALLY REACT TO TRIGGERS

When I feel angry, I tend to lash out (yelling or physical ways of lashing out)

When I feel angry, I tend to communicate why I'm angry right away, instead of taking time to process

When I feel angry, I tend to direct this anger at myself - I rarely get angry at others

When I feel angry, I try to make peace right away and/or need reassurance that everything is ok

When I feel triggered, I tend to berate or shame myself - I may criticize myself (inner dialogue)

When I feel triggered, I comply and become a people-pleaser (say or do anything to make things ok)

I tend to shutdown and withdraw from others when they trigger me - maybe for days or even months

Now that I think about it, I turn to food as a way to try to temporarily numb triggered feelings

To be honest, I have no idea what I do when I'm triggered. Maybe nothing?

I post on social media until I feel better

I have had anxiety and/or panic attacks, which may be due to triggers

I have reached out to an ex (that I shouldn't be contacting) in attempt to make the pain go away

There are times I feel empty or painfully alone but end up isolating myself to avoid more letdown

Sometimes I ruminate, analyze, and can't stop thinking about what happened

I tend to avoid anything that makes me feel emotional triggers, anxiety or anger

I try to get rid of my emotional triggers by distracting myself with shopping or other behaviors

I have had extreme anxiety and/or panic attacks, which may be due to triggers

I vent to friends or family about stuff, but sometimes it makes me feel worse after

I tend to turn to alcohol or other substances to try to numb triggers and associated painful feelings

DAILY TRIGGERS AND BUILDING MINDFULNESS

List triggers and how you REACTED or, if you were able to calm and RESPOND (may involve choosing ideal action or not taking any action) based on your highest good. Practice experiencing, honoring emotions, mindful acceptance, and practice responding ideally, instead of reacting. This takes practice.

"Between stimulus and response, there is a space. And in that space is our power to choose our response. In our response lies our growth and our freedom." - Viktor Frankl

LIST ONE TRIGGER PER DAY OR IDENTIFY MANY TRIGGERS IN ONE DAY. IT IS UP TO YOU.

I felt triggered when this occurred: _____

These people were involved: _____

I felt the following emotions: _____

I REACTED by _____ or I RESPONDED ideally by _____

I felt triggered when this occurred: _____

These people were involved: _____

I felt the following emotions: _____

I REACTED by _____ or I RESPONDED ideally by _____

I felt triggered when this occurred: _____

These people were involved: _____

I felt the following emotions: _____

I REACTED by _____ or I RESPONDED ideally by _____

I felt triggered when this occurred: _____

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I felt the following emotions: _____

I REACTED by _____ or I RESPONDED ideally by _____