



Managing Triggers

Think about a situation or trigger you believe might make you distressed.

How does that trigger situation makes you feel? To what intensity?

What plan can you think of that would make it easier to respond to the trigger?

Write down what happened when you encountered this situation and applied your plan.

How did you feel when you applied your plan? Were old emotions less intense? Did you feel new emotions?

Situation (trigger)	Emotion (/10)	Plan ahead strategy	What happened when I was exposed to the trigger	Emotion (/10)
Example: Friend asks, 'when are you having children?'	Sadness 10/10 Shame 10/10	I will respond, "we are trying, but it hasn't happened yet." I can follow with a question that changes the subject like, "how work going?"	I met a friend I hadn't seen in a while and she asked the question. Because I was prepared, I wasn't caught out of the blue and responded as planned. I also asked a question about a different topic to change the conversation. I felt empowered and able to enjoy time with my friend.	Sadness 6/10 Shame 4/10 Empowered 8/10