



WHAT ARE MY
TRIGGERS?

What is a trigger?

We know when we have been triggered because we have a strong emotional response to something. Its almost immediate and often at odds with the situation itself. Often old pain is underneath our response.

Everyone's triggers are different. This worksheet is about getting more awareness around your triggers; where they come from, what triggers you and how you then think, feel and behave. The benefit of doing this work is that it's a starting point to be able to manage your emotional response. Self-awareness is at the heart of emotional intelligence with is proven to be a large part of our success in life.

Its also very useful in our relationships to be able to communicate our triggers and where they come. The benefits of this are that the people close to us get a better understanding of where we are coming from and they can also be reassured that our response is not about them!

In time, as our awareness builds and coupled with some sort of mindfulness practice we get the chance to soothe our pain caused by early experiences and choose our more adult response.

To use this worksheet, just think of some big core experiences that you know have impacted you and list them down, then follow through the worksheet to fill the rest of the points in. This may be easier to do with a therapist, or some people can do it alone. Enjoy!



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