

## What Triggers Me? (The Trigger Grid)

What Is a Trigger?

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Times I Have Been Triggered

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

What Triggers Me?

7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

What Kinds of Things Trigger Me? (What Are My Triggers?)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

What Happened After I Got Triggered?

What Triggers Me?

Trigger #	<i>What I Thought After This Trigger</i>	<i>What I Felt After This Trigger</i>	<i>What I Did After This Trigger</i>
1			
2			
3			

What Triggers Me?

<i>Trigger #</i>	<i>What I Thought After This Trigger</i>	<i>What I Felt After This Trigger</i>	<i>What I Did After This Trigger</i>
4			
5			
6			

What Triggers Me?

<i>Trigger #</i>	<i>What I Thought After This Trigger</i>	<i>What I Felt After This Trigger</i>	<i>What I Did After This Trigger</i>
7			
8			
9			

What Triggers Me?

<i>Trigger #</i>	<i>What I Thought After This Trigger</i>	<i>What I Felt After This Trigger</i>	<i>What I Did After This Trigger</i>
10			

How I Know I've Been Triggered

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

**What Triggers Me?**

4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_

**What I Could Do So That I Wouldn't Get Triggered**

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What Triggers Me?

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**What Triggers Me?**

- 7. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 8. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**What I Could Do After I Get Triggered That Would Make It Better and I Wouldn't Get So Upset or Mad**

- 1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What Triggers Me?

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_