

Trigger tracker



What triggered me?

What happened right before I started to feel overwhelmed, shut down, or out of control?

- | | | |
|--|---|--------------------------------|
| ☐ Tone of voice | ☐ Physical pain | ☐ Other |
| ☐ Being interrupted | ☐ Reminders of past trauma | ☐ Other |
| ☐ Loud sounds | ☐ Feedback or criticism | ☐ Other |
| ☐ Feeling ignored | ☐ Rejection | ☐ Other |



What did I notice in my body, thoughts, or actions?

Emotions

Body sensations

Actions

Intensity meter

1

2

3

4

5



What helped me feel a little better?

What coping skill did I use?

- | | | |
|---|-------------------------------------|--------------------------------|
| ☐ Deep breaths | ☐ Time alone | ☐ Other |
| ☐ Talking to someone | ☐ Cold water | ☐ Other |
| ☐ Moving my body | ☐ Music | ☐ Other |
| ☐ Grounding exercise | ☐ Meditation | ☐ Other |

What coping skill did I use—or wish I had used?

“How long did it take me to recover?” “Did I get the support I needed?”



What I Can Try Next Time

Next time I notice this trigger, I can try...

EXAMPLE: Ask for a break, Name what I’m feeling, text my safety person

☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____