

Name _____



Trigger Journal

Directions: Think about one situation that often causes a strong emotional reaction for you. Reflect on what happens, how it makes you feel, and what strategies could help you respond differently next time. Write your answers in complete sentences.

1. Describe a trigger you've noticed in your daily life.

2. What usually happens right before this trigger?

3. How do you usually feel or react when this happens?

4. What thoughts go through your mind when you feel triggered?

5. What could you do differently next time to stay calm or respond better?

6. How might using this new response help you in the long run?
