

Name _____

Trigger Tracker

Directions: Think about one thing that happened each day that made you feel a strong emotion. Fill in the blanks to describe what happened and what you could do next time. Try to notice any patterns by the end of the week.



Monday

I felt angry when _____.

Next time, I can _____.

Tuesday

I felt frustrated when _____.

Next time, I can _____.

Wednesday

I felt sad when _____.

Next time, I can _____.

Thursday

I felt worried when _____.

Next time, I can _____.

Friday

I felt embarrassed when _____.

Next time, I can _____.

Weekly Reflection: This week, I noticed that I often felt triggered when...

One way I can stay calm next week is _____.