

# TRIGGER TRACKER WORKBOOK

*Identifying your triggers*



# Trigger Tracker

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## HOW TO USE THIS TRIGGER TRACKER

Take a deep breath, you've got this. You are here. I know you are trying to figure out why you get triggered by your child's behavior and how to prevent being overwhelmed. But today the only thing I want you to do is notice.

From the moment you wake up to the moment you go to bed at night, I want you to bring intention to your emotions and become aware of your triggers. Down to every little uncomfortable feeling. Use this tracker throughout your day to start seeing patterns of triggering moments.

### **FIRST, how are you feeling today?**

How full is your stress cup? From a 1-10 do you feel anxious, nervous or stressed about something?

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### **IF your cup is at a 6 or higher, what will help you become more regulated?**

Find 2 things that will help you feel more grounded to get your day started. Take a cold shower, drink your coffee while it's hot etc.

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## What is a Trigger?

A trigger is an unwanted emotional, physical or behavioural response. Which can be caused by a person, situation, place, sound or even thought. It is an automatic response and we can't really mute it, but we can learn how to turn it down.

## "I felt..."

Write down what your feeling was when you got triggered. Use the "Wheel of emotions" at the end of the workbook.

## "when..."

Write down what incident, thought, behavior triggered you.

## "My internal thoughts were..."

What did your inner voice tell you?  
"How dare he not listen!" "I deserve this!" "She should do..."

## "My body felt..."

Tense? Hot? Tightening?

## "I did..."

Did you give into your trigger? Were you able to regulate yourself? If so how?

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I felt disrespected when my son didn't listen

My internal thoughts were how dare he ignore me

My body felt felt tight

I did take a couple deep breaths, which didn't help, so I left the room to drink a glass of water

I felt helpless when my daughter got hurt

My internal thoughts were she fell because you didn't protect her

My body felt cramping

I did comfort her, while telling myself too, that it was an accident, and that I am here. For both of us.

I felt guilty when my partner wanted to do something but I left for the gym

My internal thoughts were he works all day, he deserves to take off

My body felt anxious, nervous

I did talk to him on how he and I really feel. It helped both of us understand without creating resentment towards each other.

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Which behaviour triggers you, makes you feel a certain way?

Check page 2 for occurring emotions

I felt \_\_\_\_\_ when \_\_\_\_\_

My internal thoughts were \_\_\_\_\_

My body felt \_\_\_\_\_

I did \_\_\_\_\_

I felt \_\_\_\_\_ when \_\_\_\_\_

My internal thoughts were \_\_\_\_\_

My body felt \_\_\_\_\_

I did \_\_\_\_\_

I felt \_\_\_\_\_ when \_\_\_\_\_

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My body felt \_\_\_\_\_

I did \_\_\_\_\_

I felt \_\_\_\_\_ when \_\_\_\_\_

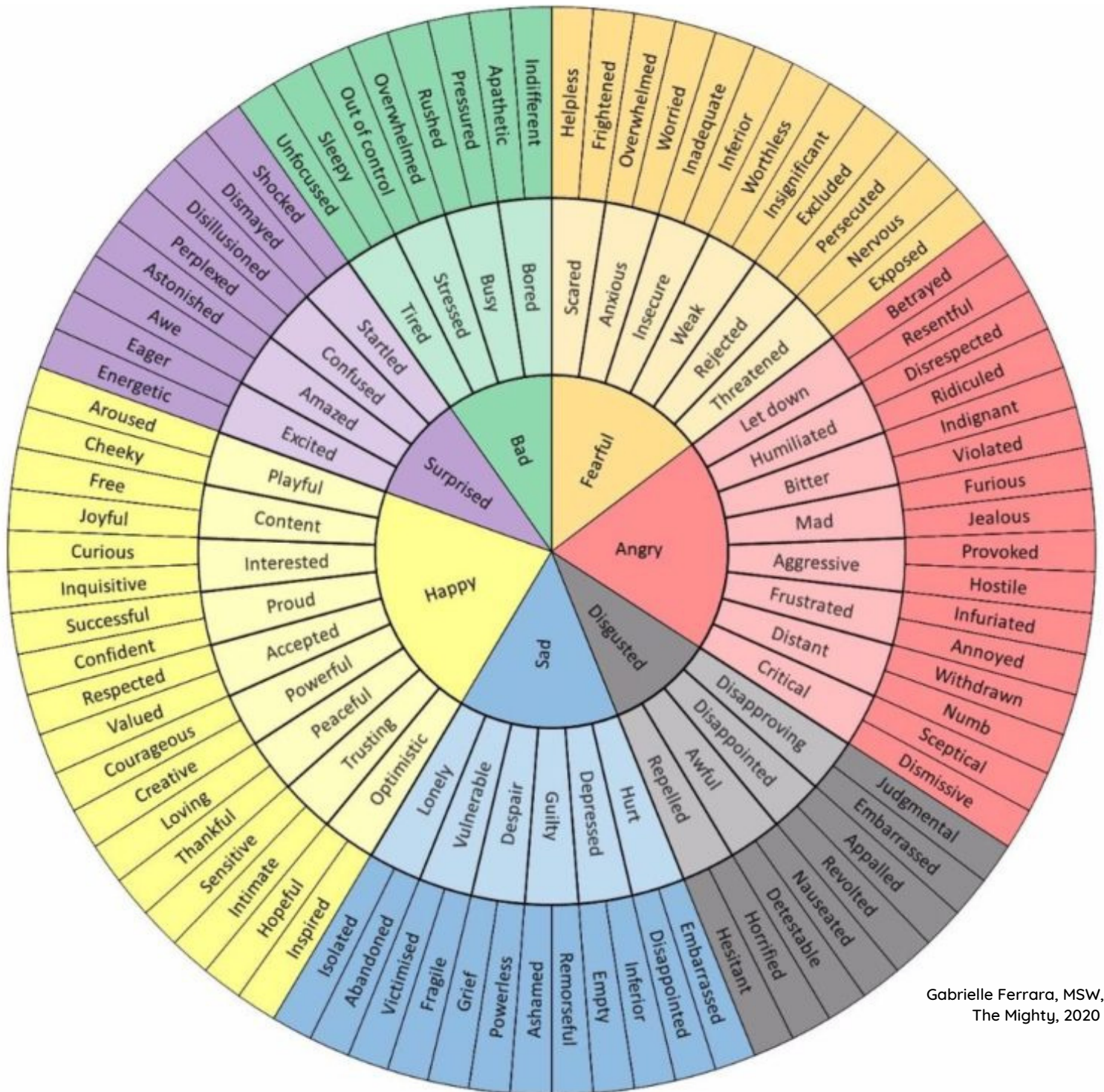
My internal thoughts were \_\_\_\_\_

My body felt \_\_\_\_\_

I did \_\_\_\_\_

# Wheel of emotions

*Identifying your emotions*



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