

## Trigger log – complete every time when triggered



### Instructions:

Write as much as you can remember. Look for patterns so you can identify the triggers then try to come up with ways to avoid or lessen their effect on you.

**Do not do this on your own if you may be triggered again.** Ask for the help of friends, family or support workers. **Remain safe.**

Where was I? (e.g. at home, at work, at a mental health service)

What time was it? (e.g. 9 am, late evening)

Who was I with? (e.g. family, professional, nobody)

What happened? Did someone say something to me? Did I see something that triggered me? (e.g. told off, criticized, misunderstood, saw a social media post)

How did I feel? (e.g. upset, angry, anxious)

Can I identify the trigger? If yes, what was it?

How can I avoid it if possible? (e.g. not go to that place, meet that person again, ask not be treated the same way)

How can I make sure it doesn't affect me as much next time? (e.g. take a trusted person with me, talk to someone, use distractions)