

What Are Your Unique Triggers?

Capturing triggers for stressful reactions can encourage emotional regulation.

Once a person can identify triggers that lead to a negative response, the experience can be halted or the emotional reaction can be slowed down (Dobson, 2011).

Use the following questions to identify triggers, such as conflict, relationships and physical environment.

Personal

What was the effect?

What was the conflict?

Describe your thoughts/images/memories?

Did you have the urge to act differently? How?

Environmental/social

Interpersonal relationships?

Physical environment?

Any additional points?

References

- Dobson, K. S. (2011). *Handbook of cognitive-behavioral therapies*. New York: Guilford.

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