

Identifying Childhood Triggers

As you become increasingly in touch with your past and recognize emotional events in your childhood, it can be helpful to look for triggers in the present (Jackman, 2020).

Use the following questions to review one, or more, situations that upset you. You and your therapist are looking for patterns of emotional response and recurring triggers.

Think of a situation that recently happened where you responded more strongly than you should have:

What was the situation?

Is it a regular occurrence?

Where and when does it happen?

What are your immediate feelings when this happens?

Where do you feel this in your body (for example, shoulders, stomach, etc.)?

Do you find you want to react or stay quiet and withdrawn?

What situation from your past does this remind you of?

References

- Jackman, R. (2020). *Healing your lost inner child: How to stop impulsive reactions, set healthy boundaries and embrace an authentic life*. New York: Practical Wisdom Press.

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