

Recognizing Your Triggers



Explore the power of identifying
and managing triggers for a
happier, healthier you.

Recognizing Your Triggers

Let's categorize your triggers and discover their unique categories. Recognizing and understanding the category to which each trigger belongs will guide you in adopting appropriate coping skills. By developing specific strategies for each trigger category, you'll empower your nervous system to regulate itself as quick as possible!

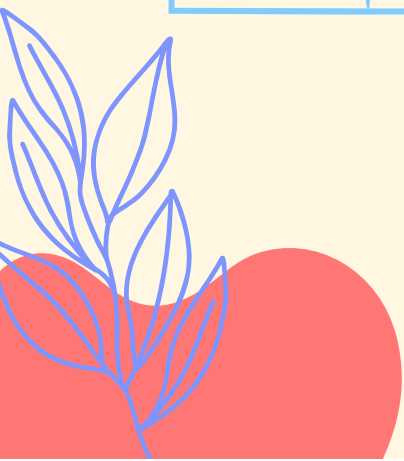
Triggers Category	List your Triggers
Events	E.g. Social Event
Emotions	E.g. Sad, Guilt
Thoughts	E.g. I'm not smart
Situations	E.g. Unexpected Visitor
Physical	E.g. Increased Heartbeat
Person	E.g. Boss

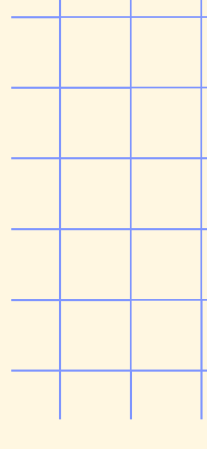
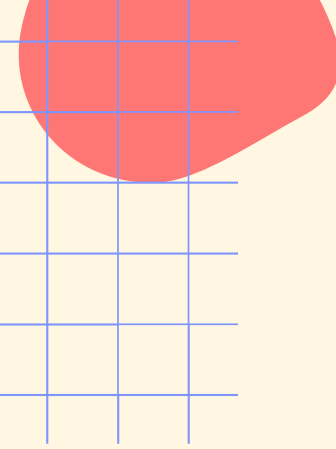
Make a list of coping skills

	Coping Skills
1	E.g. Calling a Support System
2	E.g. Going for a walk
3	
4	
5	
6	
7	
8	
9	
10	

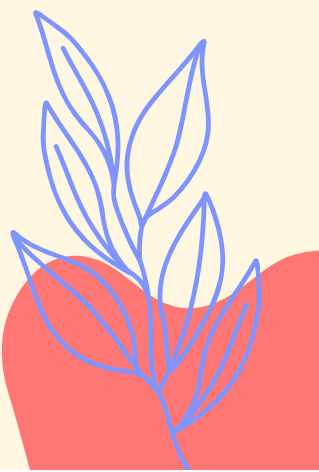
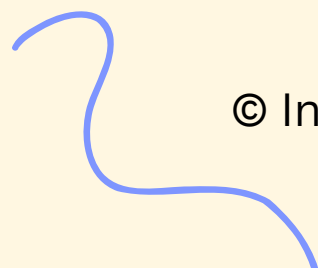
Associate each trigger with a coping skill that will decrease any unpleasant symptoms like overthinking, increased heartbeat, and more. Some of the coping skills are more effective in managing the symptoms than others. It is necessary to recognize them and match with the triggers accordingly.

Triggers	Coping Skills
Emotion /Sad	E.g. Calling a Support System





Created by a Licensed Social Worker and Certified Addiction Informed Professional, this resource is designed to enhance self-awareness, offer valuable coping techniques, and aid in setting personal goals. Embrace its valuable insights and proactive methods to unlock your potential for effective mental health management.



© InnerConnectionTherapyandWellness