

Trigger Tracker



Date:

Time:

Current Emotion:

Symptoms:

What happened just before?

Who was there?

My experience:

Trigger Symptoms

- Feeling angry/irritable
- Anxiety
- Overwhelmed
- Avoiding conversation
- Muscle tension
- Flashbacks
- Pain
- Sadness
- 'Out of body' sensations

Trigger Types

- Movie/TV show
- A certain person:

- Arguing with a friend/spouse
- A specific time of day
- Certain sound/place

- Changes in relationships
- Significant date e.g. holidays, anniversaries