

Identifying Triggers and Positive Responses to Triggers

Triggers: Events that cause me to react in a negative way/lose control

Identify your triggers by circling from the list or writing them in below

1. Other people minding my business
2. Someone blaming me for something I didn't do
3. Working hard and being told it is not enough
4. People talking to me disrespectfully
5. Someone not listening to what I have to say
6. When someone gets something that I don't
7. People laughing at me
8. Feeling excluded or rejected
9. Feeling like I am being treated unfairly
10. Being forced to follow rules
11. Being told 'no' especially for no apparent reason
12. People calling me names
13. People treating me disrespectfully
14. Feeling like I can't do anything right
15. People threatening me with consequences
16. _____
17. _____
18. _____
19. _____
20. _____

Positive Responses to 'triggers'

Identify the responses you could use by circling from the list or writing them in below

1. Take a deep breath
2. Count to ten
3. Think about the different options you have
4. Picture everything working out
5. Use positive self-talk
6. Exercise
7. Talk to someone you trust
8. Walk away
9. Listen to music
10. Read
11. Write
12. Play a game
13. Do something fun
14. Pray
15. Take a hot bath or shower
16. Help someone else
17. Smile and/or laugh
18. Focus on the positives
19. Tell yourself that you can deal with this; you are resilient
20. Ask for help
21. _____
22. _____
23. _____
24. _____
25. _____