

Trauma Triggers Worksheets

1. Identifying Trauma Triggers:

Reflect on past experiences when you've felt suddenly overwhelmed, anxious, or distressed. Identify specific situations, environments, dates, or sensory experiences that triggered these responses.

2. Response to Triggers:

For each trigger listed above, describe both the emotional and physical responses you experienced.

3. Coping Strategies for Managing Triggers:

Develop specific coping strategies you can use when you encounter these triggers. These might include deep breathing, grounding techniques, seeking support from a friend, or safely removing yourself from the triggering situation.

4. Support Plan:

Identify people (e.g., friends, family, therapist) and resources (e.g., support groups, hotlines) you can reach out to for support when dealing with triggers.

5. Safe Space:

Describe a physical or mental "safe space" you can go to or visualize when you're feeling triggered. Include details that make this space comforting and calming.
