

## Discovering Triggers Worksheet

Triggers can be anything from your past, places, people, emotions, events, and behavior that can cause distress.

### What are the Triggers:

- Triggers are very personal; different things trigger different people.
- They are emotionally loaded memories.
- They can be in the form of flashbacks.
- They get activated through one of your senses.

Identify what is the thing that causes you to react emotionally.

### List of Triggers:

