



# Instructions

Use this Trigger Log to identify situations, thoughts, events, or people that trigger certain emotional or physical responses in you.

When you become more aware of what—or who—pushes your “red buttons,” it becomes much easier to stay in control of your reactions.

Over time, by logging multiple triggers, you will likely begin to recognize patterns in your life. Instead of battling these patterns, befriend them. (What you resist, persist!)

This awareness helps you prepare for future situations—for example, noticing the early signs of frustration in a meeting when someone overtalks you or feeling stress creeping in when running late for school drop-off.

## How to Use Your Trigger Log

Each time you feel emotionally or physically triggered, take a moment to fill in the following columns:

Event/Situation – What happened? Describe the situation, person, or event that triggered you.

How did I see it? – What meaning did you assign to the event? Did you perceive it as an attack, a challenge, a loss of control, etc.?

What did I feel in my body? – Notice any physical reactions. Did your heart race? Did you feel tension in your chest or stomach? Did you clench your jaw?

Thoughts & Feelings – What were your immediate thoughts? What emotions surfaced? Were there past experiences or beliefs reinforcing these feelings?

What did I do? – How did you respond? Did you react impulsively, shut down, express your feelings, or do something else?

How long did it take to recover? – How much time passed before you felt calm again? Recognizing your recovery time can help track progress and develop faster coping strategies.

## Benefits of Keeping a Trigger Log

- ✓ Increased Self-Awareness – Helps you understand what triggers you and why.
- ✓ Emotional Regulation – Makes it easier to manage emotions and regain control.
- ✓ Pattern Recognition – Identifies recurring themes in your life and relationships.
- ✓ Improved Relationships – Helps you communicate better and react more mindfully.
- ✓ Personal Growth – Empowers you to work through past wounds and develop healthier responses.

By keeping track of your triggers, you're not just reacting—you're learning, healing, and growing. Over time, you'll find that you can predict, prepare for, and even shift your responses to triggers, leading to a more peaceful and empowered life.

 Start logging today and take charge of your emotional well-being! 