

Trigger Tracker

NOTICE · UNDERSTAND · RESPOND DIFFERENTLY

Triggers are reminders, often internal or external, that activate strong emotional, physical or behavioural responses. This tracker helps you notice your triggers, understand patterns, and plan more helpful responses.

WEEK OF _____

Awareness creates choice.

DATE / TIME	TRIGGER <i>What happened?</i>	THOUGHTS <i>What went through your mind?</i>	EMOTIONS <i>What did you feel? (0–10)</i>	BODY <i>What did you notice?</i>	BEHAVIOUR <i>How did you respond?</i>	WHAT HELPED <i>What could help next time?</i>

Quick Reference

COMMON TRIGGERS

- Criticism, real or perceived
- Rejection or abandonment
- Conflict or raised voices
- Feeling unheard or invalidated
- Uncertainty or lack of control
- Being ignored or excluded

COMMON EMOTIONS

- Anxious · Angry · Sad
- Shame · Guilty · Lonely
- Overwhelmed · Numb
- Frustrated · Jealous
- Rejected · Powerless

COMMON BODY RESPONSES

- Fast heart rate
- Shallow breathing
- Muscle tension
- Stomach discomfort
- Hot or cold flushes
- Fatigue, restlessness

COMMON BEHAVIOURS

- Withdrawal / isolation
- Avoidance
- Arguing / defensiveness
- People pleasing
- Shutting down
- Distracting (phone, TV)

Weekly Reflection

Patterns & Takeaways

What did I learn about my triggers this week? Are there common themes, times, or people? What tends to help me recover, and what would I like to try or do differently?

"You can't always control what triggers you, but you can learn how to respond differently."

SOURCES

Linehan, M. M. (2015). *DBT Skills Training Manual* (2nd ed.). Guilford Press.

Hayes, S. C., Strosahl, K. D., & Wilson, K. G. (2011). *Acceptance and Commitment Therapy* (2nd ed.). Guilford Press.

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