

Relationship Trigger Tracker

This tracker helps you identify what triggers you in relationships, understand your patterns and needs, and explore more intentional ways of responding.

RELATIONSHIP FOCUS

Use one row per incident. Complete as soon as possible after the event.

DATE / TIME	PERSON <i>Partner, family, friend</i>	SITUATION <i>What happened?</i>	POSSIBLE TRIGGER <i>e.g. ignored, criticism</i>	THOUGHTS <i>What went through your mind?</i>	EMOTIONS (0–10) <i>What did you feel?</i>	BODY RESPONSE <i>Tension, heart rate, nausea</i>	BEHAVIOUR <i>What did you do or say?</i>	OUTCOME / WHAT HELPED <i>What happened next? What could help?</i>

COMMON RELATIONSHIP TRIGGERS

- ☐ Feeling ignored or invalidated
- ☐ Perceived criticism or judgement
- ☐ Rejection or withdrawal
- ☐ Conflict or raised voices
- ☐ Change in plans or routine
- ☐ Feeling controlled or pressured
- ☐ Lack of appreciation

Other: _____

COMMON THOUGHTS

- ☐ They don't care about me.
- ☐ I'm not good enough.
- ☐ They're angry with me.
- ☐ I'll be rejected.
- ☐ I can't trust them.
- ☐ They're judging me.
- ☐ It's my fault.

Other: _____

COMMON EMOTIONS (0–10)

- ☐ Anxious
- ☐ Sad
- ☐ Angry
- ☐ Hurt
- ☐ Rejected
- ☐ Insecure
- ☐ Guilty

Other: _____

COMMON BODY RESPONSES

- ☐ Tension (neck, shoulders)
- ☐ Fast heart rate
- ☐ Shallow breathing
- ☐ Stomach discomfort
- ☐ Headache
- ☐ Feeling hot or cold
- ☐ Fatigue

Other: _____

COMMON BEHAVIOURAL RESPONSES

- ☐ Withdraw or go quiet
- ☐ Become defensive
- ☐ Raise my voice
- ☐ People-please
- ☐ Avoid the conversation
- ☐ Shut down
- ☐ Seek reassurance

Other: _____

PATTERNS TO LOOK FOR

Consider:

- Are there recurring people, situations or themes?
- What tends to trigger me most often?
- Are there times, places or states (tired, hungry, stressed) when I am more reactive?
- What meaning do I give to these triggers?

WHAT HELPS ME REGULATE

What supports me in the moment or afterwards?

- ☐ Pause and take a breath
- ☐ Notice and name what I'm feeling
- ☐ Use a grounding technique
- ☐ Talk to a trusted person
- ☐ Remind myself of a different perspective
- ☐ Set or reinforce a boundary
- ☐ Engage in self-compassion
- ☐ Take space if needed

Other: _____

ALTERNATIVE RESPONSES TO TRY

What could I do differently next time?

- ☐ Slow down and pause
- ☐ Check the facts (what do I actually know?)
- ☐ Express my needs clearly
- ☐ Ask for clarification
- ☐ Use a calm and respectful tone
- ☐ Set a boundary
- ☐ Be curious about their perspective
- ☐ Choose self-compassion
- ☐ Let go of what I cannot control

Other: _____

WEEKLY REFLECTION

Looking at the week as a whole:

- What have I learned about my relationship triggers?
- What patterns do I notice?
- What went well?
- What would I like to do differently next week?

MY INTENTION

One small, realistic step I would like to take:

CONFIDENCE (0–10)

0 1 2 3 4 5 6 7 8 9 10

NEXT STEPS

Practical follow-up:

- Review entries weekly to spot patterns
- Bring recurring triggers to your next session
- Update your regulation and response strategies as you learn what works
- Share this tracker with your therapist if useful

SOURCES

Linehan, M. M. (2015). *DBT Skills Training Manual* (2nd ed.). Guilford Press. · Johnson, S. M. (2019). *Hold Me Tight*. Little, Brown. · Neff, K. (2011). *Self-Compassion*. William Morrow.