



Trigger Processing Worksheet

Triggers reveal what needs to be healed. Our triggers are connected to unhealed or unprocessed hurtful and traumatic events of our past. Self-awareness is the first step to healing. A second step is self-management as you actively process and work through the root cause of each trigger. The triggers that you cannot avoid, you must manage. Sit with yourself and make a plan for your healing and wellness.

MY TRIGGERS ARE...

THESE TRIGGERS ARE CONNECTED TO WHAT PAST EVENT/EXPERIENCE...

MY PLAN TO MANAGE MYSELF WHEN TRIGGERED INCLUDES...