

mind aloud

talking therapy

My Trigger Tracker

CHANGES IN MY BODY

Breathing _____

Palpitations _____

Sweating _____

Tearful _____

Other _____

MY FEELINGS

MY THOUGHTS

HOW I RESPONDED OR REACTED

On Reflection...

WHAT WAS THE SITUATION? WHAT WAS HAPPENING?

WHAT COULD
I HEAR

WHAT COULD
I SEE

WHAT COULD
I SMELL

WHAT DID I
TOUCH

WHAT WAS
BEING SAID

WHAT DID I
SENSE?

WHAT WAS THE
TRIGGER?

I WONDER WHY THIS IS
TRIGGERING FOR ME?