

## Tracking Your Triggers

A trigger is a thought, feeling, physical sensation, or situation that can lead to a distressing emotional reaction or worsen your symptoms. Triggers can include worries, memories, unwanted images, doubts, and fears. The more you know about what triggers you, the better you will be able to identify ways to cope. For the next month, use the following chart to track when you are triggered. In the first column, write down anything you can think of that triggers you. Then, place an “X” in the box under the day of the month when you are triggered by that situation, thought, person, sensation, and so on. See the example below.

Triggers	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
<i>fight with my spouse</i>	X				X							X												X								