



IDENTIFYING TRIGGERS

Notice, then choose.

A little context. A little more choice.

Pick an everyday, manageable event. No graphic details or trauma retelling needed. Pause if distress increases. Do not use this to deliberately expose yourself to trauma cues.

01 Name the situation briefly.

What happened just before my reaction? Consider the setting, a comment, a sensation, or a demand. A connection is a possibility, not proof.

02 Notice the signal and the urge.

What emotion or body signal appeared? What did I feel pulled to do? Keep observation separate from self-judgment.

03 Choose one support for next time.

A safe pause, a clearer boundary, practical help, or contact with a trusted person. What feels feasible in that setting?

MY EARLY-SIGNAL PLAN

When I notice... I can try... and ask... for support.



IDENTIFYING TRIGGERS

Curiosity, without the replay.

Reflect briefly, then return to the present.

You do not need to find every trigger or explain every reaction. Stop if writing becomes repeated checking, reassurance seeking, or reliving an event. Bring concerns to a clinician.

01 What else was in the background?

Consider fatigue, demands, pain, hunger, or relationship stress without assuming a cause.

02 What did I need in that moment?

What response protected my needs? What would I like to handle differently?

03 What would useful support look like?

Name one specific request or one question for a professional; no detailed memory review required.

RETURN TO TODAY

One ordinary, meaningful activity I can return to after this page:
