



**TRIGGERS**

**My Triggers**

Triggers are words or non-verbal behaviour that produces anger or other negative emotional reactions.

Please write down your responses to each of the following questions:

1: What are my trigger words?.....  
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2: What kinds of body language are triggers for me? .....  
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3: How do I know the trigger is leading me to Build Up? .....  
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- What am I thinking?  
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- What am I feeling?  
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- What are my Physical Signs?  
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4: How do I react to my "TRIGGERS"?

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5: List the types of Abuse used with my reaction to my "triggers".

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6: What are the short term costs of responding this way to my "triggers"?

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7: What are the long term costs of responding this way to my "triggers"?

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8: How can I respond to these triggers in a positive way?

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