



Identifying Triggers: WORKSHEET 1b

_____ Situation _____ Initials _____ Date _____

LIST OF TRIGGERS

Write a short list of the common situations (involving things, people, circumstances, behaviours) that trigger tension for you. Tension includes sensation, feelings and thoughts related to feelings of stress, frustration and anxiety.

TYPICAL REACTIONS

Describe how you typically react to triggers of tension (either internally and/or externally). Reactions include what you tend to think, feel, say, do and NOT DO.