

Understanding Personal Triggers

Instructions: Use this worksheet to identify and reflect on your personal triggers. Understanding your triggers can help you anticipate and manage emotional dysregulation, overwhelm, or burnout.

1. Identifying Your Triggers

- Think about the last few times you felt overwhelmed, anxious, or emotionally dysregulated. What was happening? *Example: Receiving unexpected criticism at work.*

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- Do you notice any patterns? (E.g., certain environments, interactions, or expectations)

2. How Your Body Reacts

- What physical signs do you experience when you're triggered? (e.g., tense shoulders, rapid heartbeat, headache)

3. Coping Strategies

- What are some ways you can prepare for or manage these triggers? *Example: Setting boundaries, using self-talk, taking breaks, practicing self compassion, making tasks easier.*
- Your Response:

4. Before, During, and After Reflection:

- **Before:** What happened leading up to the trigger?

- **During:** How did you react emotionally and physically?

- **After:** What helped you recover?

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