1. What are the most common situations, people, or places that make		
me feel emotionally overwhelmed or unsafe?		

2.	What physical	sensations d	o I notice	in my bod	y when tri	ggered?

 	 they recall	

H. How can and safe?	i create a	place or	Situation	where	jeet com	piecety can

Chapter 5 Exercise

Trigger C	Creation	Exercise
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Write	down	а	list	of	vour	known	triggers.	For	each	one.	note:
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• The event or situation that triggers it.

• Your emotional reaction.

• Your physical sensations.

• Reflect on why these are most challenging.

Chapter 5 Worksheet

Calm	and	Safe	Planning	Tool
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The objective here is to create a personalized plan to manage triggers. You should look at the following ideas:

•	Identify a grounding technique(s) you can use in real-time.
	Describe a calmina environment I can retreat to

Describe a calming environment I can retreat to.

• Write a comforting affirmation or mantra for yourself.

• List anyone you can talk to when overwhelmed.

• Develop a step-by-step plan for the next trigger experience.