









## Chapter 5 Exercise

### Trigger Creation Exercise

Write down a list of your known triggers. For each one, note:

- 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

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 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.