**My Trauma Triggers**

Trauma Triggers are things that trigger memories of past traumatic events. Use this worksheet to identify what triggers are, and then begin developing a plan to manage them.

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| Eye | Things that I **see** that trigger me:  |
| Nose | **Smells** that trigger me:  |
| Ear | **Sounds** that trigger me: |
| Skeleton | I am triggered by the following **physical feeling** in my body:  |
| Theatre | **Situations** that trigger me: |
| Drama | **Emotions** that trigger me:  |
| Map with pin | These **places** are triggers for me:  |

Is this a trigger I can avoid or reduce? If so, how?

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What coping skills can I use to manage my triggers when they can’t be avoided?

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Examples of coping skills:

* Take Deep belly breaths - Find a trusted person to talk to - Exercise, Run, Dance
* Practice mindfulness - Do a hobby, write, draw, colour - Stretch or yoga poses
* Use encouraging self-talk - Think of a peaceful/self-place