

TRIGGER EVENT WORKSHEET

WHAT HAPPENED?



WHAT DID I FEEL IN MY BODY? (Breathing, Heartrate, Tingling)



WHAT EMOTIONS DID I FEEL? (Fear, Anger, Sadness)



WHAT THOUGHTS CAME INTO MY MIND? (Danger)



WHAT DID I DO OR WANT TO DO? (Run away, Attack, Freeze, Hide)



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WHAT DID I THINK
WOULD HAPPEN NEXT?



WHAT FACTS SUPPORT THIS BELIEF?



WHAT OTHER REASONS COULD EXPLAIN WHAT HAPPENED?



WHAT COULD I HAVE DONE DIFFERENTLY?



WHAT I LEARNED



HOW I WILL APPLY IT

I WILL RELAX NOW BY