

Trigger Event Work Sheet

We all get triggered by something, it can be a physical trigger of something too hot or cold that we touched or felt, or an auditory trigger of something we heard or something someone said, it can even be an emotional feeling or thought.

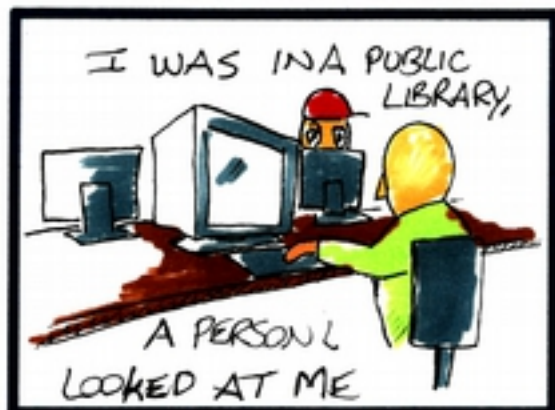
Often times we know when we have been triggered but we do not know why, or what specifically it was about the thing that caused us to be triggered. If we do not understand why we're triggered, it can cause us to live impulsively, always reacting to our triggers but never knowing why. To figure out the why something is a trigger takes some analysis on our part. [Quirky Resource](#) is here to help. This work sheet is to help you to become a detective by looking back at an event in your life that triggered you, and determine the “why” it happened.

On the next few pages you will find some examples of the worksheet already filled out.

For the bank Worksheet [Click Here](#)

TRIGGER EVENT WORKSHEET

WHAT HAPPENED?



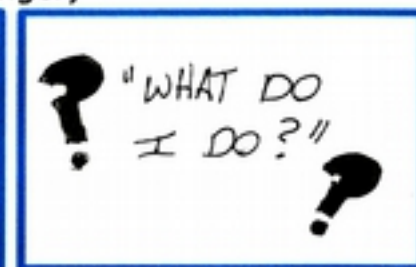
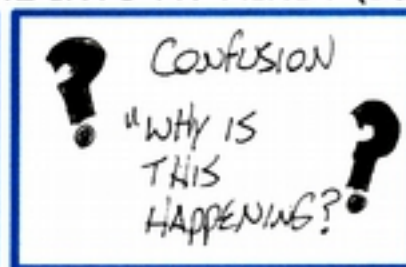
WHAT DID I FEEL IN MY BODY? (Breathing, Heartrate, Tingling)



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)



TRIGGER EVENT WORKSHEET

WHAT DID I THINK WOULD HAPPEN NEXT?



WHAT FACTS SUPPORT THIS BELIEF?



I LIED TO A GUY I KNOW PRETENDING I DIDN'T KNOW HIM, THEN WINKED AT HIM TO LET HIM KNOW I DO KNOW HIM

HE RESPONDED "THIS IS F**KED UP." HE SEEMED UPSET WITH ME

PEOPLE LIVING ON THE STREETS OFTEN GET BEAT UP WHEN WALKING DOWN TOWN

WHAT OTHER REASONS COULD EXPLAIN WHAT HAPPENED?



MAYBE THE MAN WITH THE HAT WAS ADJUSTING HIS HAIR?

MAYBE HE WAS WONDERING WHY I'M LOOKING AT HIM?

MAYBE HE WAS JUST BEING FRIENDLY TO PEOPLE HE KNEW?

WHAT COULD I HAVE DONE DIFFERENTLY?



ASK MY SELF MORE QUESTIONS NEXT TIME BEFORE MAKING CONCLUSIONS

I COULD TALK TO THE GUY WITH THE HAT



WHAT I LEARNED



MY WIFE CHALLENGED ME TO TRY ALL MY OPTIONS, I CALLED THE MAN I WINKED AT TO GET THE FACTS

HOW I WILL APPLY IT

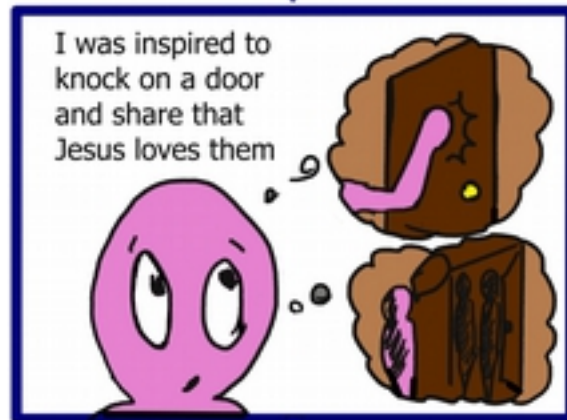
GATHER ALL THE EVIDENCE FIRST / 1/3 TRY ALL THE POSSIBLE SOLUTIONS

I WILL RELAX NOW BY

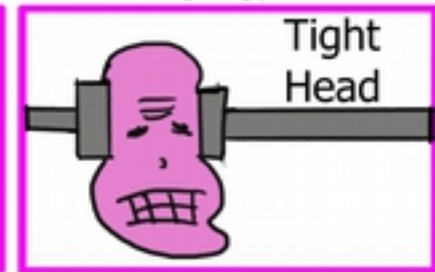
GOING FOR A JOG

TRIGGER EVENT WORKSHEET

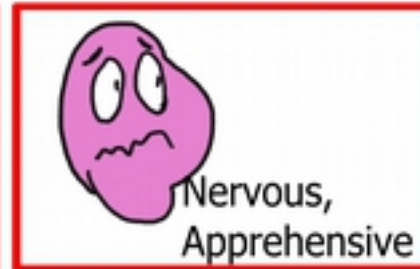
WHAT HAPPENED?



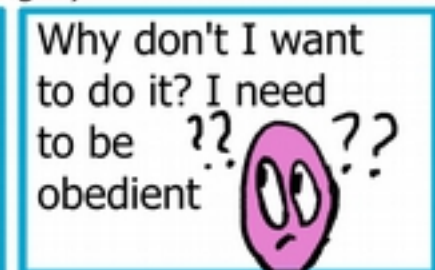
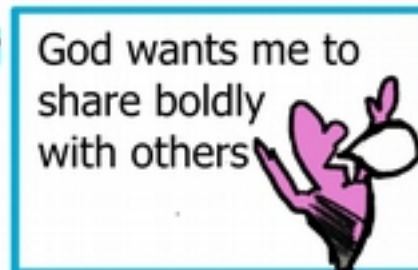
WHAT DID I FEEL IN MY BODY? (Breathing, Heartrate, Tingling)



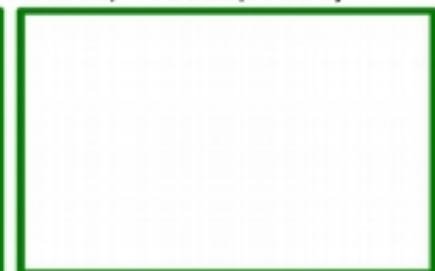
WHAT EMOTIONS DID I FEEL? (Fear, Anger, Sadness)



WHAT THOUGHTS CAME INTO MY MIND? (Danger)



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



TRIGGER EVENT WORKSHEET

WHAT DID I THINK WOULD HAPPEN NEXT?



I knocked but no one answered,

I imagined someone was perhaps tied up upstairs & couldn't come to the door.




When I walked away from the house, a couple drove by they...

Looked at me, I thought it's their plan I thwarted.


one week later a police car was in the same neighborhood, I imagined this confirmed that I stopped a hostage event.




WHAT FACTS SUPPORT THIS BELIEF?




No one answered the door



People driving by looked at me weird




Police were in the same neighborhood, soon after

WHAT OTHER REASONS COULD EXPLAIN WHAT HAPPENED?




No one was home



They looked at for no specific reason



Police were in the neighborhood for an unrelated incident

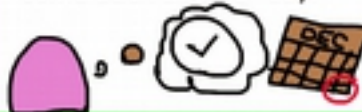
WHAT COULD I HAVE DONE DIFFERENTLY?



Stopped before knocking on the door and ask someone I trust if it is a good idea.



The house will not disappear. I could think on the decision longer, then come back another day.




WHAT I LEARNED



A ≠ B

Scenario A does not equal Scenario B

HOW I WILL APPLY IT

write or draw out questions to determine if a scenario is in fact related to another scenario or not

I WILL RELAX NOW BY



Play Piano

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)



TRIGGER EVENT WORKSHEET

WHAT DID I THINK WOULD HAPPEN NEXT?

I IMAGINED GOD OUR FATHER SMILING AT ME, PLEASED WITH MY BEHAVIOR

I THEN IMAGINED JUDGEMENT DAY, YESHUA SAYING TO ME "WELL DONE GOOD & FAITHFUL SERVANT."

WHAT FACTS SUPPORT THIS BELIEF?



I SEE OTHERS DOING IT

LISTENED TO AN EVANGELIST WHO DID THIS STYLE OF EVANGELISM

I FEEL CLOSE TO GOD WHEN I BELIEVE I'M DOING WHAT'S RIGHT

WHAT OTHER REASONS COULD EXPLAIN WHAT HAPPENED?



I WAS TRIGGERED BY A COMPULSION A FEELING

JUST BECAUSE SOMEONE ELSE DOES SOMETHING DOES NOT MAKE IT A GOOD IDEA

FEELINGS DON'T LAST, FEELING CLOSE TO GOD IS NOT AN ACCURATE MEASURE OF THE RELATIONSHIP

WHAT COULD I HAVE DONE DIFFERENTLY?



TEST THE IDEA BY ASKING SOMEONE I TRUST "IS THIS A GOOD IDEA?"

IF IT IS A GOOD IDEA, PLAN OUT A SPECIFIC LOCATION, TIME & SCRIPT

ASK: ARE THERE OTHER OPTIONS, ALTERNATIVE METHODS I CAN USE? SUCH AS TALKING TO SOMEONE ONE ON ONE.

WHAT I LEARNED



ISAIAH 42 SAYS YESHUA DID NOT SHOUT, OR RAISE HIS VOICE IN THE STREETS

HOW I WILL APPLY IT

JUST BECAUSE IT FEELS LIKE A GOOD IDEA DOES NOT MEAN IT IS. DISCUSS IT WITH SOMEONE I TRUST.

I WILL RELAX NOW BY

I WILL DRAW