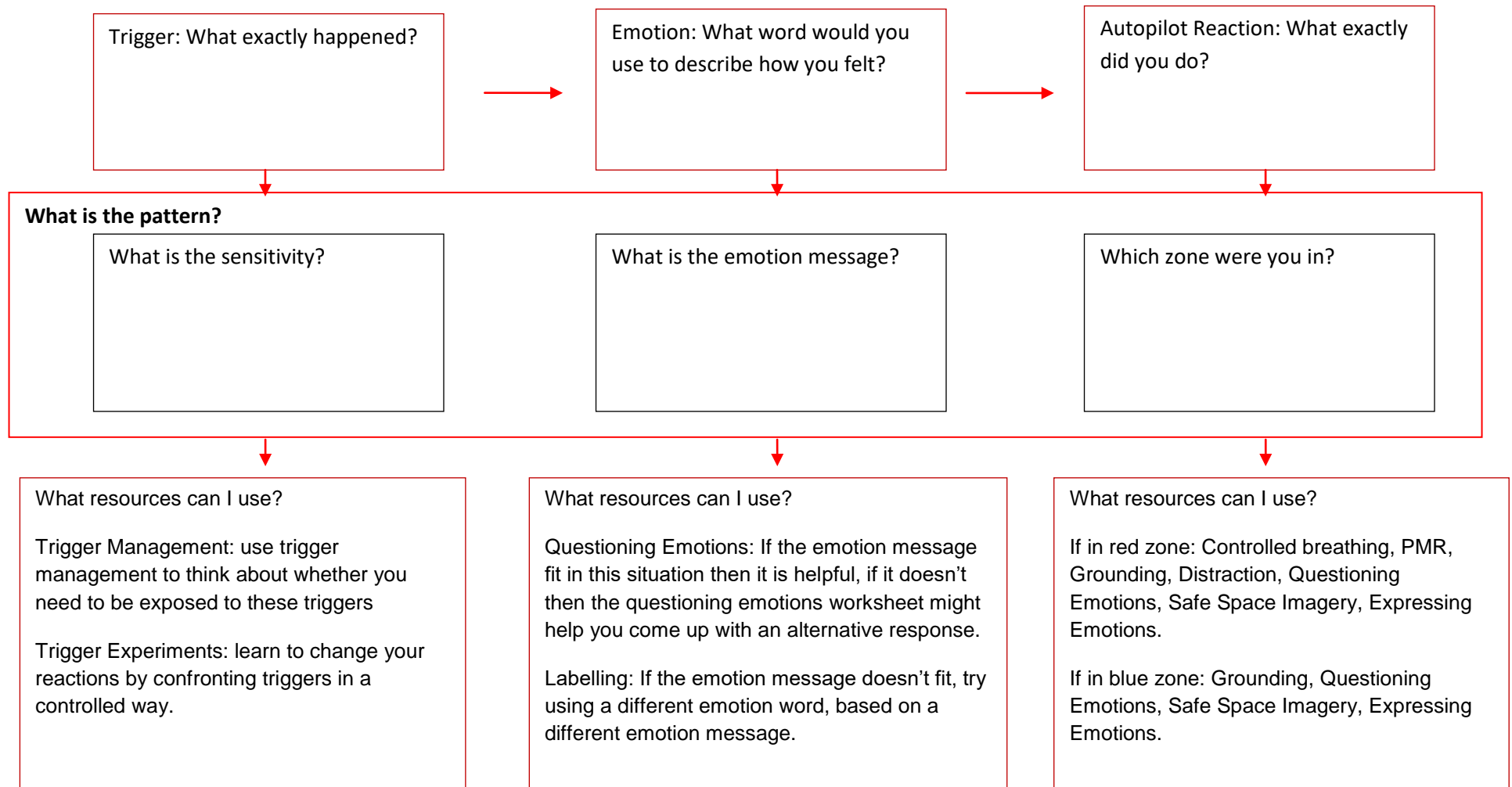


## TRIGGER LOG ANALYSIS WORKSHEET

This worksheet can help us to better understand our emotional reactions by looking at them in closer detail. It helps us to think about the bigger patterns in our emotional reactions; knowing this means that it will be easier for us to predict what kinds of situations might trigger us, and what kind of resources might be helpful.



Tips for identifying your pattern:

What is the sensitivity: We all have emotional sensitivities, knowing these helps us understand why a specific situation or event might have been a trigger for us. Knowing our own sensitivities also allows us to identify the general kinds of situations that might trigger this sort of reaction. The example worksheet below, and the example list of common sensitivities might be helpful in identifying your own from your trigger log.

Emotion message: What do we mean when we use the emotion word you have chosen? What does it tell us about what is happening to us? You can use the list of example emotion messages on the Emotion Sheet handout. If the emotion word you have chosen isn't on that list, you can come up with your own. Remember though that emotion messages are not thoughts, they are the meanings behind the words that we use, so once you know what an emotion message is, that message should stay the same for any situation (e.g. Fear's emotion message is "I am in danger").

Which zone were you in: Look back to your Zone of Tolerance Worksheet. Were you in the red zone - feeling too much of an emotion? Or were you in the blue zone – feeling too little and cut-off? It will be helpful to know which way you might go in an emotional reaction, so you know which resources you might use?

Once you have filled in these boxes, you should have a description of your pattern. For example: When I feel criticized, I tend to feel unfairly treated (anger emotion message) and react by going into the red zone; or When I feel uncertain/out of control I tend to feel in danger (fear emotion message) and react by cutting off and going into the blue zone.

<b>Examples of “negative” sensitivities:</b>	<b>Examples of “positive” sensitivities:</b>
Feeling out-of-control Being criticised Unsupported/Let down Failure Uncertainty/the unexpected Getting stuck/not knowing what to do	Vulnerable End of a relationship Disagreement Being put on the spot People showing care Being thanked/praised etc. Achieving something important Etc.

## EXAMPLE TRIGGER LOG ANALYSIS WORKSHEET

Trigger: What exactly happened?

My friends haven't been in touch when they said they would

Emotion: What word would you use to describe how you felt?

Angry

Autopilot Reaction: What exactly did you do?

I deleted their numbers and self-harmed.

### What is the pattern?

What is the sensitivity?

Feeling abandoned/ uncared for

What is the emotion message?

I am being treated unfairly

Which zone were you in?

Red (too much)

What resources can I use?

Trigger Management: I need to keep in touch with friends, so I can't really avoid this trigger theme.

Trigger Experiments: I can actively try to set specific times for catch ups and be the one that calls. If they don't answer I'll be more prepared.

What resources can I use?

Questioning Emotions: I can use my reminder: "just because they didn't answer your call, doesn't mean they don't care, they might be busy/distracted".

Labelling: It's reasonable to be disappointed if my friends don't answer. The emotion message "you are missing out on something important" fits better than anger. I can tell myself I am feeling disappointed instead of angry.

What resources can I use?

I can continue to use my Questioning Emotions reminder, Grounding, Controlled Breathing and Safe Space Imagery to try and stay in the green zone. I can also express my sense of disappointment to my friends, instead of anger.