

IDENTIFY YOUR TRIGGER POINTS: A STEP BY STEP GUIDE

CHECK ALL THAT APPLY

Step 1: At what point during the day do you feel most uneasy?

- First thing when I wake up
- Early morning
- Around lunch time
- Afternoon
- When I'm alone
- When I'm in social situations
- Drinking or under the influence of any kind
- Right before I go to bed

Step 2: What is the common thread in your thoughts? What are you trying to convey to yourself?

- I'm not worthy of love
- I can't be trusted
- I'm a failure or disappointment
- I'm a burden to others
- People find me annoying
- I'm selfish
- I take advantage of people
- I deserve what happened to me
- I'm not safe
- I'm to blame

Step 3: How frequently do you have these thoughts?

- Very rarely
- Once or twice a week
- Every day at least once
- 2-3 times a day
- They're constant thoughts



Step 3: What evidence do you have to validate these thoughts? Write your response below:

Step 4: How do you typically come down from these episodes?

- Distract myself with a TV show, movie or book
- Write down my thoughts
- Talk it out with a friend or family
- Exercise
- When I fall asleep
- I don't, it's constant.

Step 5: Reflect on the above information:

If you find that your thoughts occur at a certain time and/or are surrounding a certain theme, it helps to first think about why you're triggered? A trick I use often is initially allowing the thoughts to seep in, thinking about them in detail and writing everything down. Ask yourself why you're thinking these thoughts? What's the common thread? Is it true?

Your intrusive thoughts mean nothing about who you are as a person, your morals or your values.

Remember to be kind to yourself and keep in mind that these are only thoughts. It's easy to feel the weight but you mustn't let it consume you. **You control the dialog.** The more aware you are of these trigger points the easier it will become to identify them before they snowball.

