



TransformativeMentoring ForTeens.com

Trigger Log

Please print out several copies of this sheet and have them readily available for use. If you get triggered often, please have at least 10 copies available. Please save your trigger logs and once a week, review and revise your **Trigger Plan**. *(If you haven't created a Trigger Plan, please download and do so when you are not in as state of being triggered)*

Trigger: *A stimulus—such as a person, place, situation, or thing—that contributes to an unwanted emotional or behavioral response.*

Date of Trigger:

Time of Occurrence:

Describe What Happened in 3 Sentences or Less:

How did I react? *(Best case scenario, follow the strategies listed on your Trigger Plan and remove oneself from the situation and fill out this sheet.)*

List 3 emotions that I immediately felt as I was triggered:

1. _____
2. _____
3. _____

List 3 secondary emotions you are feeling now, as you are processing the event:

1. _____
2. _____
3. _____

Describe any differences I am noticing about how I am feeling now in no more than 3 sentences.