



TRIGGER TRACKER

DATE _____

TIME _____

Notice the pattern. Name what you need. Choose a safer response.

1. WHAT HAPPENED?

2. WHAT DID I NOTICE IN MY BODY?

- | | |
|--|--|
| ☐ Racing heart | ☐ Nauseous |
| ☐ Tight chest | ☐ Frozen / numb |
| ☐ Shaky | ☐ Tense |
| ☐ Hot / flushed | ☐ Other: _____ |

3. WHAT THOUGHT SHOWED UP FIRST?

4. WHAT DID I FEEL URGED TO DO?

- | | |
|--------------------------------------|--|
| ☐ Argue | ☐ Use / escape |
| ☐ Shut down | ☐ People-please |
| ☐ Leave | ☐ Cry |
| ☐ Text / call | ☐ Other: _____ |

5. WHAT DID I ACTUALLY NEED?

- | | |
|--------------------------------------|-------------------------------------|
| ☐ Safety | ☐ Rest |
| ☐ Reassurance | ☐ Support |
| ☐ Space | ☐ A boundary |
| ☐ Respect | ☐ Clarity |

6. WHAT CAN I DO DIFFERENTLY NEXT TIME?

7. MY NEXT SAFE STEP

- | | | | | | |
|--|---|---|---------------------------------------|---|--|
| ☐ Pause for
10 minutes | ☐ Take 5
slow breaths | ☐ Drink
water | ☐ Step
away | ☐ Contact
support | ☐ Set a
boundary |
|--|---|---|---------------------------------------|---|--|

✦ A trigger is information - not an instruction. ✦

LET'S HEAL TOGETHER!

Nova Wellness Collection Inc.

For reflection and self-support; not a substitute for professional care.