

Trigger Log Worksheet

Use this worksheet to record triggering situations, your body responses, and the thoughts that arise. Tracking triggers helps identify patterns and develop effective coping strategies.

Date/Time	Situation (What happened?)	Body Response (Sensations, intensity)	Thoughts/Beliefs (What went through your mind?)

Reflection & Notes

Use this space to reflect on your triggers. What patterns do you notice? What coping strategies helped, and what could be improved next time?