

My Trigger List

A trigger is a reminder of a past event that you experience in your present life. Triggers can be both good and bad. For example, a good trigger might be when the touch of a soft material reminds you of the way your baby blanket felt. However, a bad or traumatic trigger might be when the smell of cologne reminds you of the way your perpetrator smelled. Such traumatic triggers are often unpleasant, frightening and can be re-traumatizing. To avoid re-traumatization and maintain a sense of control, it can be helpful to know what triggers you, what it means, and what you or others can do to help. In building your trigger list, consider emotions, situations, places, and other circumstances.

Trigger	What it means or reminds me of	What I want it to mean instead or how I'd rather feel	What others can do to help me make new meaning	What I can do to re-orient and make new meaning



NORTH STAR
WELLNESS CENTER, LLC