

TRIGGER WORKSHEET

NAME: _____

DATE / TIME	PROBLEM / TRIGGER	REACTION	BELIEF/STORY (Boomerang)	EMOTION / SENSATION	NON-VIOLENT EXPRESS?	TOOL	HELP ?	GAP

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Directions:

PROBLEM/TRIGGER – What or who upset you? I.E. *“Barry gave me a harsh look”*.

REACTION – What happened when you got upset? What actions? I.E. *“I shutdown and avoided him”* or *“I gave him the finger”*.

BELIEF/STORY (Boomerang) – What do you believe about the situation or person? And/or what does the situation or person reflect back to you about yourself? I.E. *Belief/Story: “Barry hates me”, “Barry shouldn’t look at me like that”. Or Boomerang: “I not good enough”, “I’m unlikable”*.

EMOTION/SENSATION – What did you feel? I.E. *“Shame, fear, anger, contraction in the belly...etc”*

NON-VIOLENT EXPRESSION? – If need be, during or after the trigger, did I non-violently express to the person how I felt? I.E. “Yes” or “No”

Examples: During - “Barry – I’m feeling fear and shame right now; nothing you did. Let me go look at this.”

After - “Barry, I was triggered into fear and shame earlier. It had nothing to do with you and everything to do with me and my beliefs. It was wrong and inconsiderate of me to give you the finger.”

TOOL – What tool did you use to deal with the upset? I.E. *“Simple inquiry, Unfindable Inquiry, tapping...etc”*

HELP? – Did using the tool and/or non-violently expressing help? Did you get free/clear? I.E. “Yes” or “No”.

GAP – How much time elapsed between the trigger and picking up a tool to use? I.E. *“10 minutes”* or *“7 years”*.