

# IDENTIFY YOUR TRIGGERS

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It is important to identify and understand triggers as this helps us become more aware of why they are occurring.

When we are more aware, we can begin to take responsibility for the way we manage triggers and avoid letting them control us.

## Trigger Workflow

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1. WHAT HAPPENED LEADING UP TO THE EVENT?

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2. WHO WERE YOU WITH DURING THE EVENT?

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3. HOW WERE YOU FEELING BEFORE THE EVENT?

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4. HOW DID YOU FEEL AFTER THE EVENT?

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5. WHAT PATTERNS DO YOU RECOGNIZE?

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6. WHAT ACTIONS WILL YOU TAKE TO MANAGE THE TRIGGER?

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