

# TRIGGER MAP

Fill this in →

## 1) Situations:

Where you go off:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## 2) Body Response:

- Tight chest
- Shallow breath
- Tension
- Other: \_\_\_\_\_

## 3) Behavior:

- Hesitate
- Overthink
- Avoid
- Withdraw

## 4) Outcome:

What follows?

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## 5) The Pattern:

What keeps repeating?

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