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Trigger Fix Worksheet

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Best times to Use the Trigger Fix Worksheet

- Use this when a situation or person has caused you to feel reactive.
- Use this when you experience feelings you don't understand.
- Use this when you feel anger.
- Ask yourself what are the feelings underneath the anger to fill out #2.

Trigger Fix Worksheet

1) The situation that “triggered me was _____.

2) Identify the feelings (from list below) underneath the trigger: find 3–5 feelings _____,
_____, _____, _____, _____.

3) Close your eyes, take two deep breaths slowly in your nose and out your mouth. With your eyes closed, repeat the feeling words you wrote on number 2, repeat a few times over allowing images to surface from the past. Jot down the images here:

_____.

4) If no images come up, do number 5. If images came up, do number 6.

5) Grab a blank paper or art paper or turn this piece of paper over and write the feeling words from number 2 at the top and then draw and doodle on the whole page everything that arises as you think about those words.

6) Grab your dairy or a journal notebook and free write all the thoughts that come to you when you think of the images in number 3. So for one example, you might start off free writing by saying “I saw my mom’s face and she was pointing at me and I feel and I think..... about me and I wish instead that..... happened”.

INTENSE: hate, unloved, despised, angry, hurt, miserable, pain, lonely, cynical, worthless, impotent, futile, accursed, abandoned, alone estranged, degraded, humiliated, shocked, panicky, trapped, horrified, afraid, scared, terrified, threatened, infuriated, furious, exhausted.

STRONG: disgusted, resentful, bitter, detested, fed-up, frustrated, sad, depressed, sick, dissatisfied, fatigued, worn-out, useless, weak, hopeless, rejected, guilty, shamed, inhibited, bewildered, frightened, anxious, dismayed, apprehensive, disturbed, antagonistic, vengeful, indignant, mad, overwhelmed, conflicted.

MODERATE: suspicious, envious, jealous, aversion, dejected, unhappy, bored, forlorn, disappointed, wearied, inadequate, ineffectual, helpless, resigned, apathetic, shy, uncomfortable, baffled, confused, nervous, tempted, tense, worried, perplexed, troubled, disdainful, contemptuous, alarmed, annoyed, provoked, embarrassed, disconnected.

MILD: listless, moody, lethargic, gloomy, dismal, discontented, tired, indifferent, unsure, impatient, dependent, unimportant, regretful, bashful, puzzled, self-conscious, edgy, upset, reluctant, timid, mixed-up, sullen, provoked.