



Thoughtful Minds Therapy

Trauma Triggers Worksheet

Core Concept: Triggers are reminders that activate the nervous system as if the trauma is happening again. Identifying them increases awareness and emotional regulation.

1. Identifying the Trigger

What happened right before I felt activated?

Describe the trigger in detail:

2. My Reaction

What emotions came up?

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Intensity (0–10): _____

What happened in my body?

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What thoughts showed up?

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What urge or behavior followed?

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3. Understanding the Connection

What does this remind me of from the past?

Is my nervous system reacting to the present, the past, or both?

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4. Regulating & Responding

What grounding skill can I use right now?

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What would I say to myself in this moment?

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What does safety look like right now?

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5. Reflection

After using a skill, my intensity is now (0–10): _____

What did I learn about my triggers today?
