

# WHAT ARE YOUR UNIQUE TRIGGERS

IDENTIFYING TRIGGERS FOR STRESS CAN HELP A PERSON MANAGE THEIR EMOTIONS AND SLOW DOWN NEGATIVE REACTIONS.

USE THE FOLLOWING QUESTIONS TO IDENTIFY TRIGGERS, SUCH AS CONFLICT, RELATIONSHIPS AND PHYSICAL ENVIRONMENT.

## Personal

What was the effect?

What was the conflict?

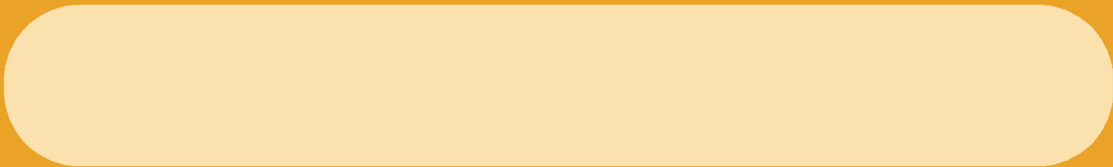
Describe your thoughts/ images/memories?

Did you have the urge to act differently? How?

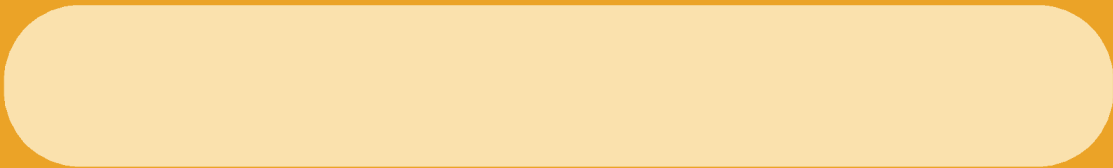


**Environmental**

Interpersonal relationships?



Physical Environment?



Any additional points?

