



vicki tidwell palmer
LCSW | CSAT

Taming Triggers Solution Journal

Step One

Name Your Triggers

by Vicki Tidwell Palmer, LCSW, CSAT

STEP 1

Name Your Triggers

Before you can tame triggers, you need to know what your specific triggers are. Each person's triggers are unique and are based on their temperament, life experiences, relationships, past and current trauma, and many other factors.

EXAMPLES OF TRIGGERS PARTNERS EXPERIENCE:

- Seeing your partner on his phone or computer.
- Billboards
- Magazine cover or articles
- Sexually suggestive scenes on TV or in movies
- Your partner being defensive
- People with a particular set of characteristics (especially if they look like an affair partner, for example)

In the space provided on the following pages, write each of your triggers.

For now you can ignore the box next to each trigger – you will complete this part of the *TTS* process in Step 2. If you need space for more triggers than is provided in the journal, feel free to make additional copies of pages 2-4.

1		<input type="checkbox"/>
2		<input type="checkbox"/>
3		<input type="checkbox"/>
4		<input type="checkbox"/>
5		<input type="checkbox"/>
6		<input type="checkbox"/>
7		<input type="checkbox"/>
8		<input type="checkbox"/>
9		<input type="checkbox"/>
10		<input type="checkbox"/>
11		<input type="checkbox"/>

12		<input type="checkbox"/>
13		<input type="checkbox"/>
14		<input type="checkbox"/>
15		<input type="checkbox"/>
16		<input type="checkbox"/>
17		<input type="checkbox"/>
18		<input type="checkbox"/>
19		<input type="checkbox"/>
20		<input type="checkbox"/>
21		<input type="checkbox"/>
22		<input type="checkbox"/>

23		<input type="checkbox"/>
24		<input type="checkbox"/>
25		<input type="checkbox"/>
26		<input type="checkbox"/>
27		<input type="checkbox"/>
28		<input type="checkbox"/>
29		<input type="checkbox"/>
30		<input type="checkbox"/>
31		<input type="checkbox"/>
32		<input type="checkbox"/>
33		<input type="checkbox"/>