



vicki tidwell palmer

LCSW | CSAT

# *Taming Triggers **Solution** Journal*

*Step Three*

***Identify Toxic Thoughts***

by Vicki Tidwell Palmer, LCSW, CSAT

# STEP 3

## *Identify Toxic Thoughts (and Healing Truths)*

One of the hidden factors that can make triggers more intense and distressing than they need to be are toxic thoughts.

There are two types of toxic thoughts: thoughts about you and thoughts about others.

EXAMPLES OF TOXIC THOUGHTS:

- *If I were more attractive he would have never gone there (to a sexually oriented business, for example)."*
- *If I had done what he wanted me to do sexually, he wouldn't have been unfaithful.*
- *She deserves to be abused after what she did to my marriage.*

Review your list of triggers in Step 1 and identify whether there are any toxic thoughts associated with the trigger. For each trigger that has a toxic thought associated with it, enter the toxic thought in the space provided below.

Once you've identified and written each toxic thought, you will then create a turnaround **healing truth**. For example, if you believe "If I were more attractive he would have never acted out," a healing truth might be "I am beautiful just as I am. My spouse went to strip clubs because of his addiction, not because of me or anything I did or didn't do."

*Now enter any Toxic Thoughts, and a turnaround Healing Truth in the space provided below.*

TRIGGER #:

Toxic Thought: \_\_\_\_\_  
\_\_\_\_\_

Healing Truth: \_\_\_\_\_  
\_\_\_\_\_

Toxic Thought: \_\_\_\_\_  
\_\_\_\_\_

Healing Truth: \_\_\_\_\_  
\_\_\_\_\_

Toxic Thought: \_\_\_\_\_  
\_\_\_\_\_

Healing Truth: \_\_\_\_\_  
\_\_\_\_\_

Toxic Thought: \_\_\_\_\_  
\_\_\_\_\_

Healing Truth: \_\_\_\_\_  
\_\_\_\_\_

TRIGGER #:

Toxic Thought: \_\_\_\_\_

\_\_\_\_\_

Healing Truth: \_\_\_\_\_

\_\_\_\_\_

Toxic Thought: \_\_\_\_\_

\_\_\_\_\_

Healing Truth: \_\_\_\_\_

\_\_\_\_\_

Toxic Thought: \_\_\_\_\_

\_\_\_\_\_

Healing Truth: \_\_\_\_\_

\_\_\_\_\_

Toxic Thought: \_\_\_\_\_

\_\_\_\_\_

Healing Truth: \_\_\_\_\_

\_\_\_\_\_

TRIGGER #:

Toxic Thought: \_\_\_\_\_

\_\_\_\_\_

Healing Truth: \_\_\_\_\_

\_\_\_\_\_

Toxic Thought: \_\_\_\_\_

\_\_\_\_\_

Healing Truth: \_\_\_\_\_

\_\_\_\_\_

Toxic Thought: \_\_\_\_\_

\_\_\_\_\_

Healing Truth: \_\_\_\_\_

\_\_\_\_\_

Toxic Thought: \_\_\_\_\_

\_\_\_\_\_

Healing Truth: \_\_\_\_\_

\_\_\_\_\_