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*Taming Triggers **Solution** Journal*

Step Four

Identify Familiar Themes

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STEP 4

Identify Triggers with Familiar Themes

Sometimes triggers have familiar themes. When they do – and especially when the familiar theme is unconscious – triggers may have more power over you than they should.

For example, if your partner is unavailable, dismissive, or arrogant in a way that reminds you of a painful characteristic of one of your parents, your response to your partner may seem oversized or not in proportion to his actions or behavior. Familiar themes – if very powerful for you – may be trauma reactions from your family of origin.

Review your list of triggers in Step 1, identify any familiar themes and enter them on the next pages.

Once you've identified familiar themes, you may (or may not) want to revise particular ratings in Step 2 based on your new awareness. For example, if you realize that the reason you become highly reactive every time you see a particular facial expression on your partner is because it reminds you of your father or someone who abused you as a young person, your outlook on that trigger may change. If necessary, return to Step 2 (Rate Your Triggers) and revise your rating for any relevant trigger.

FAMILIAR THEMES:

TRIGGER #:

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