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# *Taming Triggers Solution Journal*

*Step Five*

*Tame Triggers Where You Have Power*

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# STEP 5

## *Tame Triggers Where You Have Power*

If you want to tame triggers, you must start with those over which you have the power to reduce or eliminate.

EXAMPLES OF TRIGGERS OVER WHICH YOU HAVE POWER, AND AN ACTION YOU COULD TAKE:

**Trigger:** Engaging in conversations that feel crazy-making

**Possible action:** Take a relational time-out

**Trigger:** Sexually explicit content in television or films

**Possible action:** Choose programs based on ratings and other information to protect yourself.

Take some time to review your list of triggers in Step 1 and identify those over which you have the power to either reduce or eliminate. Enter the number in the box provided below.

*Next to each trigger number, write down the action you plan to take with regard to the relevant trigger in the space provided.*

If the action is time-sensitive or otherwise includes a deadline, make a note of the deadline you'd like to commit to on the appropriate line.

ACTION I WILL TAKE:

TRIGGER #:

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Deadline: \_\_\_\_\_

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Deadline: \_\_\_\_\_

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Deadline: \_\_\_\_\_

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Deadline: \_\_\_\_\_

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Deadline: \_\_\_\_\_

ACTION I WILL TAKE:

TRIGGER #:

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Deadline: \_\_\_\_\_

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Deadline: \_\_\_\_\_

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Deadline: \_\_\_\_\_

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Deadline: \_\_\_\_\_

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Deadline: \_\_\_\_\_

ACTION I WILL TAKE:

TRIGGER #:

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Deadline: \_\_\_\_\_

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Deadline: \_\_\_\_\_

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Deadline: \_\_\_\_\_

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Deadline: \_\_\_\_\_

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Deadline: \_\_\_\_\_