

# What Are My Triggers?

## Overview

A **trigger** is a stimulus, such as a person, place, situation, or thing, that contributes to an unwanted emotional or behavioral response. This handout will help you identify those aspects of your life that lead to unwanted emotional or behavioral responses that occur in your workplace. Eventually, you will be able to avoid and reduce your exposure to each trigger, thus, deal with each trigger appropriately.

## The Problem

Describe the problem your triggers are contributing to. What is the worst-case scenario, if you are exposed to your triggers?

## Trigger Categories

There are many things that can be a trigger. To begin exploring your own triggers, think about each of the categories listed below. Is there a specific emotion that triggers you? Is there a specific person or place that triggers you? List your responses in the chart below.

Trigger Category	Responses
Emotional State	
People	
Places	
Things	
Thoughts	
Activities/Situations	

## Dealing With Your Triggers

In this section, you will develop a plan for responding appropriately to your triggers. It will be helpful to review your plan regularly and practice each of these strategies.

Describe your three biggest triggers in the workplace.

<b>Trigger #1</b>	
<b>Trigger #2</b>	
<b>Trigger #3</b>	

Describe your strategy for avoiding or reducing exposure to these triggers.

<b>Trigger #1</b>	
<b>Trigger #2</b>	
<b>Trigger #3</b>	

Describe your strategy for dealing with each trigger head on, when the triggers cannot be avoided.

<b>Trigger #1</b>	
<b>Trigger #2</b>	
<b>Trigger #3</b>	

### **Tips for Dealing With Triggers**

- Oftentimes, the best way to deal with a particular trigger in the workplace is to avoid it. This might mean making changes to your lifestyle, relationships, or daily routine.
- Create a plan to deal with your triggers. Your strategy might include coping skills, a list of colleagues you can talk to, or responses that help you get out of a troublesome situation.
- Do not wait until the last minute to test your coping strategy. Practice!