




TRACKING TRIGGERS

When you notice that you have felt distressed, take a moment (you can do this at a later time) to notice what was happening at the time (trigger), what you felt at that moment (emotions), and what you thought about yourself (belief). Use the percentage bar to indicate how much of your reaction to the trigger seemed to match the present moment - did your emotions and actions feel like they matched the situation? - and how much felt "extra", too much, or more than was needed.


TRIGGER: _____
EMOTIONS: _____
BELIEF: I AM... _____

% FROM THE PRESENT  % EXTRA OR TOO MUCH

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EMOTIONS: _____
BELIEF: I AM... _____

% FROM THE PRESENT  % EXTRA OR TOO MUCH

- ## EMOTIONS LIST
- angry
 - annoyed
 - anxious
 - ashamed
 - awkward
 - confused
 - discouraged
 - disgusted
 - distracted
 - embarrassed
 - excited
 - frustrated
 - guilty
 - jealous
 - lonely
 - nervous
 - offended
 - scared
 - tired
 - uncomfortable
 - unsure
 - worried