

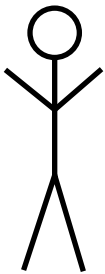


TRIGGER WORKSHEET

A GUIDE FOR WORKING THROUGH DESTRUCTIVE BEHAVIOR PATTERNS

“TRIGGER” – an unresolved wound that ignites an inappropriate (and often childlike) response due to overwhelming feelings of anger, shame, sadness and/or anxiety.

ADULT STATE



Head: able to rational and problem solve appropriately

Heart: balanced

Body: body relaxed (clear)

Behaviors: flexibility allows us to control our responses and behave in a way that reflects our core values

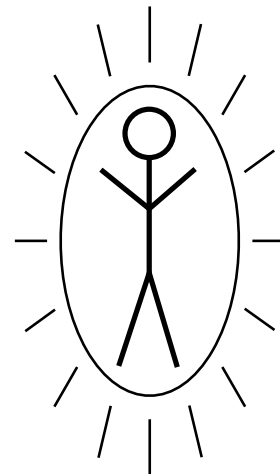
CHILD (TRIGGERED) STATE

Head: unable to stay rational; thinking is controlled by emotion

Heart: filled up and overwhelmed

Body: emotional energy becomes physically controlling

Behaviors: unable to control impulsive response—leads to poor choices, later regrets and relational difficulties





SITUATIONAL TRIGGERING

1) Circle the situations below that tend to trigger you. Add any that are not listed.

Penalty Flags – when publicly called for a foul, failure or mistake.

Lose a Game – when faced with disappointment, failure to win or achieve desired praise, object or goal.

Armchair Quarterbacking – criticized, second guessed, told you were doing something wrong, not good enough.

Off Sides – feeling exposed, naked, uncovered so others see your hidden or insecure self.

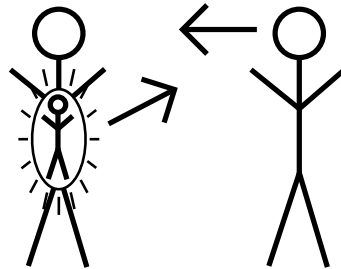
Instant Replays – old words, pictures, feelings or memories of being yelled at, belittled, bullied or hurt.

Other Situations that tend to trigger you _____



THE SITUATION

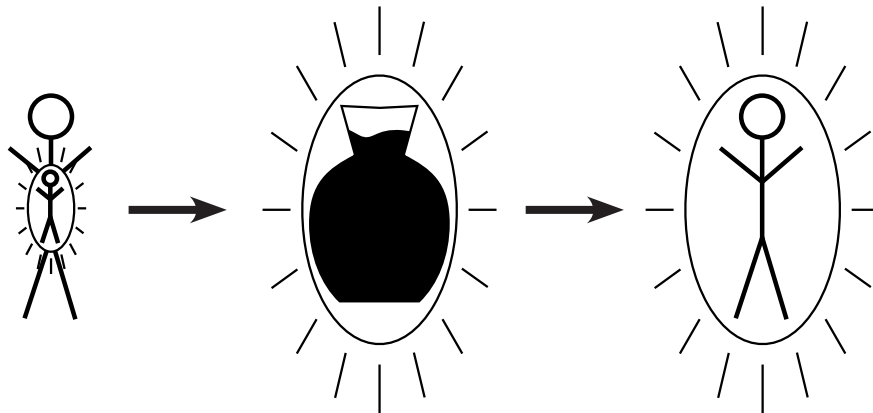
2) Pick a memory, incident or situation that triggered you. Then, ask yourself the following questions:



What happened? _____

THE EMOTION

3) What emotion(s) am I experiencing as a result of what happened?



I FELT...

SADNESS

ANGER

RAGE

GUILT

SHAME

FEAR

JEALOUSY

ANXIETY

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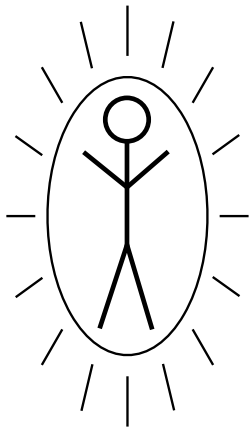


THE SELF-TALK (HEAD)

Triggering events produce irrational beliefs about the self connected to old childhood memories and thought patterns.

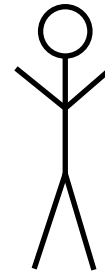
4) What is my belief about myself in this triggered state? *(circle the irrational belief and note the rational belief that you would LIKE to believe instead)*

IRRATIONAL BELIEF (CHILD STATE)



- I am a bad person
- I am worthless (inadequate)
- I am not good enough
- I am a disappointment
- I did something wrong
- I am not in control
- I am a failure
- I deserve to be miserable

RATIONAL BELIEF (ADULT STATE)



- I am a good (loving) person
- I am worthy, I am worthwhile
- I am fine, ok, worthwhile
- I am okay just the way I am
- I learned from it
- I am now in control
- I can succeed
- I deserve to be happy

Other irrational vs. rational beliefs that come to mind:



THE BODY

Triggering situations that produce strong emotional responses and changes in our thinking patterns; can also result in physical changes.

5) When I get triggered, my body tends to respond by:

____ becoming tight and rigid
____ getting red in the face
____ getting a headache

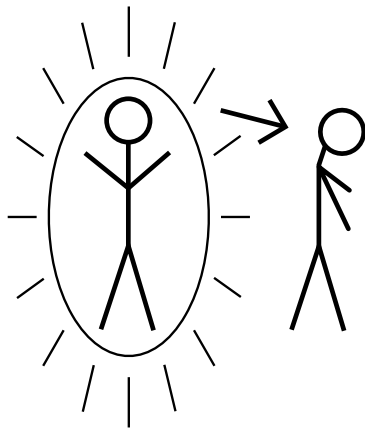
____ an increase in my heart rate
____ breaking into a sweat
____ getting a stomach ache

THE BEHAVIORS

Triggering situations can produce overwhelming feelings and irrational thoughts that lead to unproductive and often destructive behavioral patterns and responses.

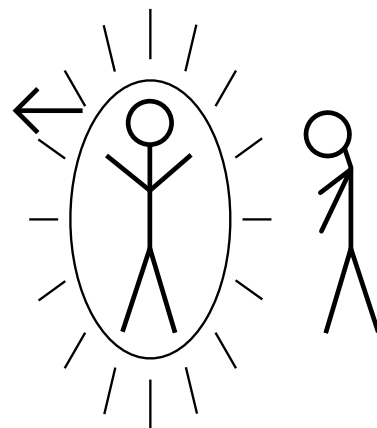
THE ATTACKER

Overreacts by becoming angry, critical, often attacking, blaming others



THE AVOIDER

Overreacts by withdrawing from others to hide and self-protect



6) How did I respond behaviorally to this triggering event? What are some of my other unproductive and/or destructive response patterns?



THE SUMMARY

7) Fill in the following sentence:

I **FELT** (emotion) _____ **AND THOUGHT** (self-belief) _____
 _____ **BECAUSE** (what happened) _____

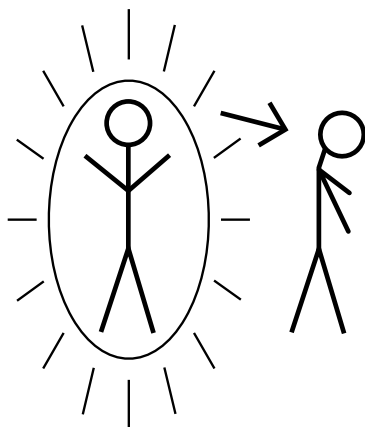
Example: "I felt embarrassed and thought that I was inadequate because my team got slaughtered. Because I felt embarrassed and thought I was inadequate, I really let my players have it after the game."

THE RESULTS

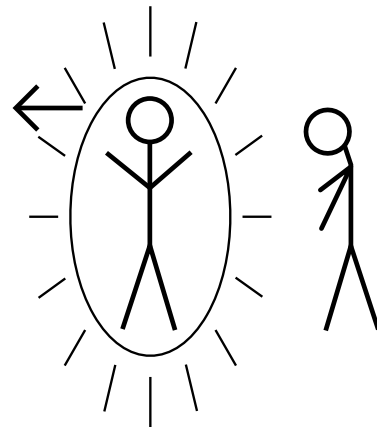
When we are triggered, our overreactions of attacking and avoiding are often unproductive and can be destructive to ourselves and our relationships.

8) My triggered behaviors affect my relationships in the following ways:

THE ATTACKER



THE AVOIDER



Family members: _____

I tend to attack: _____

I tend to avoid: _____



Friends: _____

I tend to attack: _____

I tend to avoid: _____

Players: _____

I tend to attack: _____

I tend to avoid: _____

Other Coaches: _____

I tend to attack: _____

I tend to avoid: _____

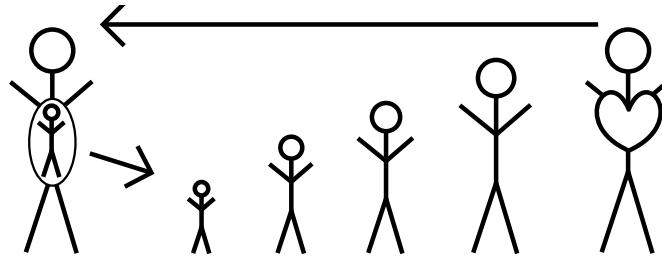
9) My life will be different in the following ways when I get these triggering situations under control: _____





THE NEW SELF

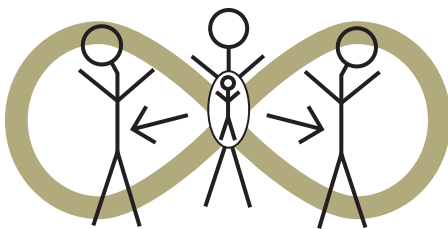
When we identify and process these undeveloped parts of ourselves, we are able to integrate them into our adult selves resulting in greater control over our responses and allowing us to move toward others with respect and love.



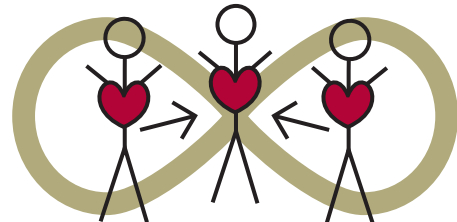
10) What is the part of me that needs to be identified and nurtured into maturity?

11) Instead of attacking and withdrawing, how will I move toward others in compassion and love?

FROM THIS...



TO THIS....





12) I COMMIT TO THE FOLLOWING AFFIRMATIONS, KNOWING THAT BY GETTING MY TRIGGERS UNDER CONTROL, I AM FREE TO MOVE FORWARD IN A WAY THAT REFLECTS MY TRUE VALUES AND PURPOSE AS A COACH:

Example: I will choose to demonstrate caring and self-control by treating every player with dignity and respect at all time.

Affirmation 1:

Family _____

Affirmation 2:

Friends _____

Affirmation 3:

Players _____

Affirmation 4:

Co-workers _____

