

# DEALING WITH TRIGGERS

A **trigger** is something that sets off a reaction in you. Triggers can be internal (something that comes from a thought or emotion you create) and/or external (something in the outside world that causes you to react to it.)

## INTERNAL TRIGGER REACTIONS INCLUDE:

- Feelings of anger, anxiety, or sadness
- Memories
- Loneliness
- Frustration
- Feeling out of control
- Feeling vulnerable
- Racing heartbeat
- Physical pain
- Negative self-talk

## EXTERNAL TRIGGERS INCLUDE:

- Seeing something on the news or online that reminds you of your traumatic event
- Watching a movie or television show that reminds you of your traumatic event
- Certain smells
- The anniversary of a significant or traumatic event
- Holidays
- Visiting a specific place
- Seeing a person who reminds you of someone connected to your traumatic event

## EVALUATE YOUR TRIGGERS

It is okay to sometimes avoid external triggers (as long as this avoidance doesn't negatively interfere with your day-to-day quality of life), but it is wise to continually evaluate your triggers and to practice good coping strategies. The physical and emotional symptoms of trauma can take some time to diminish in intensity. Continued coping strategy practice is essential. If you are struggling with symptoms of trauma, it is a wise idea to seek professional help from a counselor trained in helping clients process traumatic events. While it can be scary to ask for help, getting help in coping with your triggers will ultimately lead to a longer, healthier, happier life for you and yours.

When you find yourself faced with a trigger, do your best to ask yourself the following questions:

- What type of situation are you in? Are you safe?
- What is happening around you?
- What kind of emotions are you feeling?
- What thoughts are you having?
- What does your body feel like?

The following is a list of methods and practices for coping with the experience of triggers. More information on each of these methods can be found either within this curriculum or with a simple Internet search, and can be practiced on your own in privacy.

- ✓ **Mindfulness**
- ✓ **Safe place imagery/Guided visualization**
- ✓ **Grounding techniques**
- ✓ **Journaling**
- ✓ **Social Support**
- ✓ **Deep Breathing**
- ✓ **Coping Affirmations**
- ✓ **Relaxation/Self-soothing exercises**
- ✓ **Connect to your body**
- ✓ **Connect to others**
- ✓ **Regulate (exercise, focus on breathing, grounding)**