

5 Emotional Trigger Journal

Notice one moment of activation without turning the page into a full history.



PRIVATE FIRST

Use one recent, manageable example. Stop if the reflection becomes too activating.

What happened?

Keep the description brief and factual.

Where was I?

Who was present?

What exact word, tone, action, place or situation seemed to activate me?

Emotion(s) I noticed

Body signals I noticed

5 What Pattern Do I Notice?

Move from the trigger itself to the response that followed.

What happened internally after the trigger?

Notice feelings, thoughts, urges or body signals without interpreting them clinically.

What did I actually do or say?

The trigger-response pattern I notice

What I want to notice earlier next time



Reusable tool: return to this page with a new example whenever it would help.