

TRIGGER MAPPING WORKSHEET

On the TMW form below please write down five (5) situations that provoke in you a significant stress reaction. See the examples on the form provided as a guide based on the following:

- When I am in an enclosed space with men, I begin to sweat and to feel nervous for no apparent reason.
- When I meet a person for the first time, I'm worried about what they think of me, and this causes all sorts of negative thoughts to encroach my mind.
- You are working on a collaborative project in which you are not fully informed and all you are thinking about is how these people are going to take advantage of you and your work.

Now I want you read over what you wrote and think about what you have written in the present tense. Intently complete reality testing and affirming work by stating the sentence in a positive tense. It looks like this:

- Every space has an entry point and therefore an exit. Not every man I come in contact with, is present to hurt me.
- I am a unique and exceptionally created person. I have a great deal to contribute to the world. I just met this person, let me give myself and them a chance to get to know me. All these negative thoughts are not real.
- I can learn the material I don't know; and discern that my contribution to the project is valuable.

As you do this work you will realize that your response is disproportionate to the situation. Utilizing deep-breathing to regulate and relax. Being mindful of your breathing. With each breathe slowing down your respiration further and further. Until your heartrate indicates that you are relaxed.

I have included a link on the page to a tool that you can use to self-assess any post-trauma stress reaction that you might not be conscious of, in order to assist you in this activity – **[posttraumatic stress index](#)**

When reflecting be honest with yourself and consider the six most common fears that afflict all of us: FEAR of poverty, criticism, ill health, loss of love or someone, old age and death.

Okay now take some time for yourself and complete the activity.

Now that you have learned how to RESET your Thoughts, by identifying your emotional triggers and associated faulty thinking, you have started the process of reprogramming your mind through enhanced AWARENESS. I look forward to seeing you tomorrow for Module 2.

Environment / Situation	Situational Reaction	Fear Response Faulty Thinking	New Conscious Thinking
When I am in enclosed spaces with men, I begin to sweat and to feel nervous for no apparent reason.	Sweating, racing thoughts	All men are out to hurt me. The world is not a safe place.	Every space has an entry point and therefore an exit. Not every man I come in contact with, is present to hurt me.
When I meet a person for the first time, I'm worried about what they think of me.	Automatic negative thoughts encroach my mind.	I'm worthless and invaluable.	I'm unique, exceptionally created. Let me give myself and them a chance to get to know me. All these negative thoughts are not true.
You are working on a collaborative project in which you are not fully informed; you think these people are going to take advantage of you.	Nervousness, insecurity, tension, self-consciousness, anxiety...racing heartrate	I have to prove myself, I have to be perfect because I'm not good enough.	I can learn the material I don't know; and discern that my contribution to the project is valuable.
1.			
2.			
3.			
4.			
5.			