## **Triggers Diary**

Make a note of as many details as possible when you feel triggered. By doing this regularly, you can see if there's any patterns. Once you notice a pattern, you can start putting together a plan to avoid the things that trigger you, or put things in place to help you manage.

Date:	Time:	
What triggered you?		
How did you feel?		
What did you do to deal with those feelings?		

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