

Writing a Coherent Narrative About Your Triggers



Throughout the week, write down the things that trigger you - even the little things! These could be small interactions with someone who just rubs you the wrong way, hurtful dynamics in a romantic relationship, an argument with one of your children, an issue at work, a conflict with a friend, etc.

Start by just observing when you feel triggered and making a note of it. Later, you can reflect on why you felt triggered in the situation.

Write a coherent narrative about at least one situation where you felt triggered recently. Explore why this situation was particularly upsetting to you. Did the current situation have echoes or elements from your past?