

Personal Trigger Assessment Worksheet

Instructions: Use this worksheet to list your personal triggers and stressors. Identify the emotional and physical responses associated with each trigger.

Personal Triggers and Stressors:

1. _____
2. _____
3. _____
4. _____
5. _____

Emotional Responses:

1. _____
2. _____
3. _____

Physical Responses:

1. _____
2. _____
3. _____