

TRIGGERS LOG

What was your trigger	What were you feeling?	How did your body react?	What were you telling yourself?	What did you do?	How difficult was the trigger to handle? 1 = Not at all 10 = Extremely
<i>When I see images of people being taken into the hospital on stretchers.</i>	<i>Anxiety, Sadness, Guilt, Fear, Anger</i>	<i>Muscle tension, Sweating, Heart pounding</i>	<i>"I am to blame." "I wish it never happened." "It's happening again."</i>	<i>Look away, turn around and went home, withdraw and shut down</i>	8
1.					
2.					
3.					
4.					
5.					