

# Trigger Journal

MY COLLECTION OF TRIGGERS

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# HOW TO USE THIS JOURNAL

I know from personal experience (and research backs this up) that the way your mind and body respond to an unwanted experience is largely dependent on if you resist it or confront it.

## POSITIONED TO OVERCOME

*"If you're going to face a threat, if you face it voluntarily...your body activates itself for exploration and mastery. But if you face it involuntarily, same size threat, then you revert to prey mode and you're frozen and that's way, way, way more stressful." Dr. Jordan Peterson*

Running from triggers confirms to your brain that you're in danger so avoidance increases your fear. You're empowered when you walk toward what scares you instead of running from it.

I know it's not easy to face these things. It's become such a habit to separate from them as much as you can. So how do you change that?

You can change the role you play. Maybe you've felt like prey but you can be the hunter, tracking down the past. Or you can take the role of a detective, pursuing the clues of your past with your journal as a case file.

This habit of journaling and collecting my abuse related triggers helped me look at those experiences differently. Instead of resisting them, I'd say, "Great! Another clue I need for my healing!"

That was powerful. I no longer felt like a victim of those unexpected triggers; I felt they were there to help me. And that positioned me as an explorer and overcomer!

## SAFE CONTAINER

Your trigger journal keeps your painful triggering experiences contained in a small, designated space instead of freely floating around inside of you. You can access them when you want but until then, they are tucked away.

If there's an experience that feels too raw or too real to write out everything, just jot a phrase that will bookmark your spot. You might write "pool incident" until you feel ready to write more. (Section in back for "jots".)

Any resistance you feel is an indication of how powerful recording these will be. Writing reveals truth—It tells the secrets you're commanded to keep.

Ask yourself questions as a way to explore your resistance:

- I don't want to write because...
- I'm afraid that if I write about this experience...

Understanding your resistance isn't so you can push forward; it is to be with yourself in compassion.

## HOW TO USE THIS JOURNAL

Don't worry about using this journal correctly or doing it "right". If you find using it in a different way serves you best, feel free to do that. Experiment and see what's useful to you. This is your journal for your journey.

At the back of this journal, there's a page for listing your support plan. Record your most effective self soothing tools so you have them ready as you face your triggers.

Write about your triggering experience in three parts:

- Record what experience triggered the pain. Write about what happened as though describing it to someone else. Include what happened right before and after, if relevant.
- Write about what that experience reminded you of. Where did you feel those emotions before? What experience from your past is similar?
- Write about your impressions, emotions (either in the past or present) and what you think it means or how it fits.

This healing journal empowers you to be an active participant in your healing so your past no longer has power over you.

*Sexual abuse takes place in the context of other types of abuse: psychological, emotional, verbal, physical, spiritual and financial abuse. Healing from sexual abuse means looking at how you were mistreated in other ways. Record all of those.*









































































































# SUPPORT

MOST HELPFUL WAYS I CAN SUPPORT MYSELF

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- 3.
- 4.
- 5.
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- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.