

TRIGGER TRACKER

No-drama edition. What actually happened, what your body did, what story your brain told about it, and what you actually need next. The gap between the facts and the story is where the choice lives.

01 // WHAT THIS IS

THREE SECTIONS, THREE DIFFERENT JOBS

Most trigger logs use one box: what happened and how did you feel. Those two things are doing very different jobs, and mixing them is usually what keeps people stuck. This version separates the facts, the story, and the correction, so you can see which part is actually running the reaction.

02 // HOW TO USE IT

- 1. Log the facts only.** Write it like security camera footage. No interpretation, no "because," no "which means."
- 2. Name the body response.** Tight chest, closed throat, heat, numbness, racing heart. Plain physical terms.
- 3. Catch the story.** The narrative your brain generated immediately, and the urge attached to it.
- 4. Name the actual need.** Reassurance, space, clarity, sleep. Usually smaller and more specific than the story suggested.
- 5. Choose one next step.** Not a resolution. One action that doesn't make the situation worse.

03 // WHEN TO USE IT

A NOTE BEFORE YOU START

This is for shortly after the acute wave has passed, once you can hold a pen and think in short sentences. In the middle of a full panic response, grounding or breathing comes first; this is for the debrief right after. If triggers are frequent, intense, or tied to trauma history, this supports clinical work rather than replacing it.

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TRIGGER TRACKER

DATE / TIME

THE TRIGGER MOMENT

01 // THE FACTS

What Happened

Security camera footage. Observable sequence only, no because.

What My Body Did

Chest, throat, jaw, heat, heart rate, numbness. Physical terms.

02 // THE STORY

The narrative your brain wrote about what happened. Its words, not the edited version.

CIRCLE THE URGE THAT CAME WITH IT

CHASE

HIDE

FIX

ATTACK

OTHER

03 // THE CORRECTION

THE ACTUAL NEED UNDERNEATH

ONE NEXT STEP THAT DOESN'T MAKE IT WORSE

YOUR BODY REACTED. YOUR BRAIN WROTE A STORY. NAME THE STORY BEFORE YOU ACT ON IT.