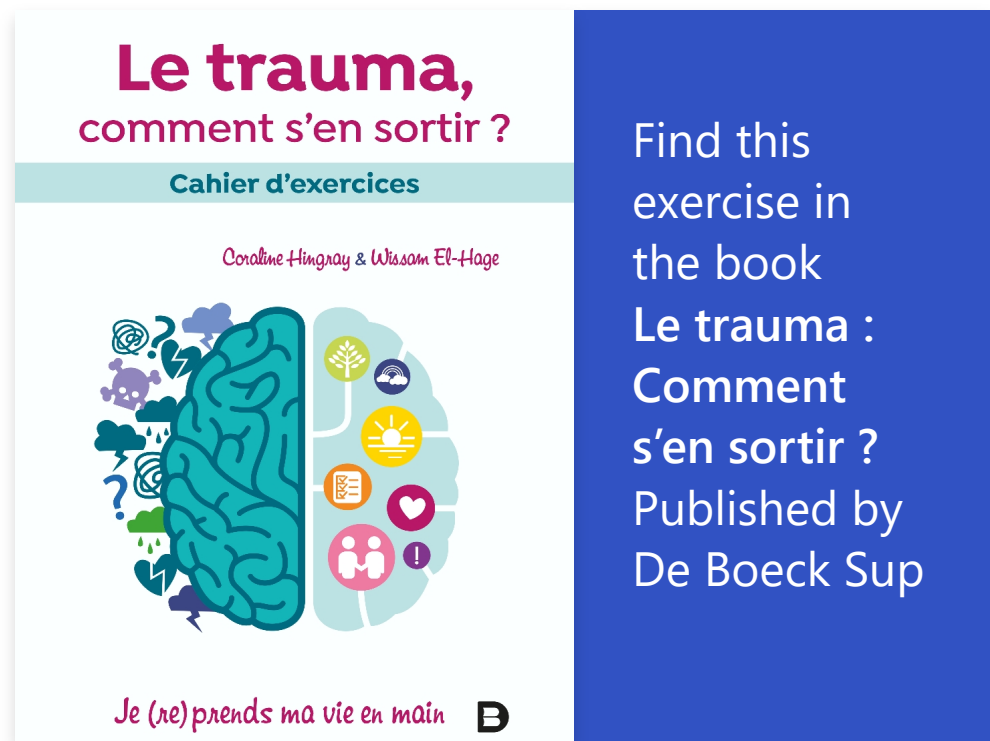


Practical information

IDENTIFY
YOUR TRIGGERS



In many cases, traumatic memories are reactivated by a stimulus, a trigger. The more you can identify them, the more familiar they will become, the less they will surprise you and the more easily you will be able to manage them and calm yourself.

The first step is to identify those moments, situations and thoughts that bring back memories of the trauma or bring on waves of unpleasant and intense emotions. Observe yourself over several days, maybe even weeks, and list your triggers according to the circumstances.

My list of triggers

...linked to time	
...linked to places	
...linked to things I see, smell or hear	
...linked to thoughts	
...linked to others	

Ask yourself and those around you a few questions. Perhaps you have done things that have enabled you to deal with these situations to some extent.

Practical information
IDENTIFY YOUR TRIGGERS

What works to reduce the impact of these triggers on my life?

