


14 Identifying triggers



If you are working through *The Warrior Within*, this exercise and further useful information to help you in your recovery can be found on pages 59-60. This exercise assumes you have completed exercise sheet 1 **Starting an activity journal**.

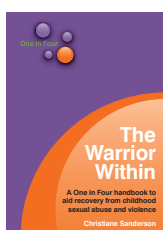
 **If this exercise is too difficult or upsetting, STOP. Take a break from it and make a commitment to return to it at a later point.**

In identifying the triggers that cause intrusive memories, flashbacks, dissociation or panic attacks, you will be able to understand which triggers you are sensitised to. This will help you to prepare for anticipated problematic reactions, as being forewarned means you are forearmed.

To identify triggers, look at your list of trauma reactions and try to identify as many triggers as you can that trip your alarm system. Do not worry if you can only identify a few. As you work through your traumatic reactions using mindfulness skills you will be able to identify more triggers which can be added to the list.

Next try to grade the triggers on a scale of one to four, with **one** being triggers that are the least difficult to manage; **two** being triggers that you are not able to cope with yet but may be able to handle soon; **three** being triggers that are hard to control but you would like to master in the future; and **four** being those triggers that you will always wish to avoid for your own or others safety.

Starting with those triggers that are least difficult to manage write down what happens and how you would like to control these, and how this can be achieved.



The content of this exercise sheet is based on *The Warrior Within: A One in Four handbook to aid recovery from childhood sexual abuse and violence* by Christiane Sanderson

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One in Four
219 Bromley Rd, Catford SE6 2PG
Telephone 020 8697 2112
Email admin@oneinfour.org.uk
www.oneinfour.org.uk

Registered charity number 1081726