

## 29 Identifying triggers and sensory cues

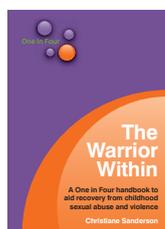


If you are working through *The Warrior Within*, this exercise and further useful information to help you in your recovery can be found on pages 117-118. This exercise assumes you have completed exercise sheet 1 **Starting an activity journal**.

To identify triggers and sensory cues, think about all the cues that were present during the childhood sexual abuse (CSA) and make a list of these in your journal. Try to include as many of the sensory cues as possible.

List all the smells you associate with the abuse such as body odours or breath, the smell of tobacco or alcohol, semen or any other ones. Next identify as many sounds as you can remember, such as the abuser's voice or any other voices, the radio, TV or music. Then list all that you could see during the abuse and the quality of the light or darkness. You also need to identify any tactile sensation such as how the abuser(s) touched you. Was it tender and gentle or rough and aggressive? Were the abuser's hands soft or abrasive? What body parts did he or she touch, which parts did you have to touch and how did that feel? You also need to list any tastes associated with the CSA such as semen or other bodily secretions. Lastly, try to identify positions your body was placed in and the preferred position of the abuser(s).

Once you have identified these sensory cues you can erase or replace them with new sensory cues that are associated with your present loving relationship.



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

**To order your copy, click the book cover**

© Christiane Sanderson and One in Four

**One in Four**  
219 Bromley Rd, Catford SE6 2PG  
Telephone 020 8697 2112  
Email [admin@oneinfour.org.uk](mailto:admin@oneinfour.org.uk)  
[www.oneinfour.org.uk](http://www.oneinfour.org.uk)

Registered charity number 1081726