Map of your triggers

An inventory of the situations that throw you, with early signs and what helps.

> A trigger you know loses part of its power. The **first bodily sign** column is the most important — it arrives before the thought and buys you a few seconds. In the last column, write only what you have **already tried**.

My triggers

SITUATION	FIRST BODILY SIGN	THE THOUGHT THAT COMES	WHAT HELPS

The three most frequent

1.

2.

3.

Plan

When I notice the first sign, I …

The person I tell, who helps me …