

Tips to Manage Triggers

What are triggers?

Triggers are things that make you remember something bad that happened to you. They can be people, places, smells, sounds, tastes, or things. For example, if someone who hurt you smelled like smoke or perfume, those smells might make you remember what happened.

Triggers can make you feel really scared or anxious. Our minds and bodies might explode with feelings. When you remember bad things, you might feel sad, mad, or scared for a while.



Try to figure out the things that trigger you. Try to stay away from those things. But it may not be possible to avoid all your triggers. Knowing your triggers can help you understand why you got upset.

What are my triggers?

What can I do to be OK when I get upset? what can I do to help myself be ok? (For example, take a shower, take deep breaths, listen to music, take a walk, go somewhere quiet, take a shower)

Helpful support: what can others do to help me be OK? (For example, be calm, listen, tell me I'm safe, encourage me to breathe slowly)



Not helpful support: what do others do that is not helpful? (For example, do not ask a lot of questions. Do not stop me from talking about the past. Do not ignore or judge my feelings.)

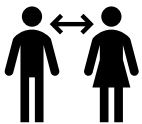
Who should support me: who do I want to support me when I am upset?

Who should not support me: who do I not want to support me when I am upset?



Checking in is helpful for you and your supporters. You get others to listen to you. You get emotional support. Your supporters get information on how you are feeling. You tell your supporters what they can do and say to support you. Over time, you'll build trust.

Checking in: what can others do to just check in? When do you want others to check in? What do you want others to do and say when checking in?



How will I share this information with others: (For example, will you use an AAC device, will you give your supporter this paper, will you have a supporter ask you these questions and you shake your head yes/no, will you use pictures, will you use speech to share?)

