



Trigger → Reaction → Response Map

A Comprehensive Tool for Emotional Awareness and Intentional Action

This tool is designed to help you navigate your emotions and actions with clarity and intention. This worksheet uses a soft color palette of blues, greens, and neutrals to create a calming atmosphere conducive to self-reflection. Follow the step-by-step pathway to better understand and manage your responses to life's challenges.

Trigger: What happened?

Use this section to describe the situation or event that triggered a reaction. Take your time to reflect on what happened without judgment.

- **Situation/Event:**

Reaction: What did I feel, think, and do?

Delve into your immediate emotional and physical reactions. This section is divided into sub-prompts to guide you through a comprehensive reflection of your response.

- **Emotions:**

Identify and list the emotions you experienced.

- **Thoughts:**

What thoughts crossed your mind during this event?

- **Body Sensations:**

Note any physical sensations you felt in your body.

- **Actions:**

What actions did you take in response to the trigger?

Pause & Breathe

Before moving to the next section, take a moment to pause and breathe deeply. This small pause can be a powerful tool for resetting your mind and body.

Response: What could I do differently next time?

Reflect on healthier coping strategies and intentional actions you could take in similar situations in the future.

- **Healthier Coping Strategies:**

List potential strategies that could lead to a more positive outcome.

- **Intentional Actions:**

Consider actions that align with your values and long-term goals.

Reflection

- **What pattern do I notice?**

Identify recurring patterns or themes in your triggers and reactions.

- **What do I need in moments like this?**

Consider what support, resources, or self-care practices could assist you.

Between reaction and response, there is space—and that space is your power.
