

Unpack the Trigger: Emotional Reaction Breakdown Sheet

You don't need to get over it. You need to understand it.

Emotional triggers are never random — they're memory landmines, nervous system flare-ups, and soul-level cries for attention.

This sheet isn't for journaling pretty. It's to get you to the **why** under the **what**, fast.

What triggered me?

What did I feel in my body when it hit?

What did my brain immediately start saying?

What belief does this reaction reveal?

Where have I felt this before?

Whose voice does this sound like?

What was I actually needing in that moment?

What can I give myself right now to meet that need instead of spiraling?

What's the truth underneath this pain?
