

Trigger Decoding Worksheet

**General Instructions:** Record what is experienced at the time of the event (THEN) that was triggering for you in order to track progress in real time. **Additional Instructions:** Record any situation noticed in which you were NOT triggered, or were less triggered, than you likely would have been in the past. To note such progress, record any Positive Emotions, Intensity (+1-10), Body Sensations (if felt), and Positive Cognitions instead of Negative – leave Symptom and Duration blank. **Instructions for**

**YOU WILL CONTINUE TO USE THIS SAME DOCUMENT BY ADDING ROWS WHEN YOU RUN OUT. EACH WEEK YOU WILL SEND ME THIS DOCUMENT PRIOR TO SESSION WITH UPDATES FROM THE WEEK.**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Date** | **Symptom/Reaction Behavior, Urge, and Survival Defense (fight, flight, freeze or faint, fold or fawn)** | **Specific Memory of Stressor/**  **Trigger/**  **Dream (Most Disturbing Part)** | **Emotions THEN** | **Body Sensations**  **THEN** | **Negative**  **Cognitions**  **THEN** | **Intensity**  **THEN**  **0-10** | **Duration**  **until Recovery**  **(how long until you were at a 0 or 1)** |
|  |  |  |  |  | Responsibility/Defectiveness  Connection/Belonging  Identity/Race/Culture  Safety/Vulnerability  Power/Control/Choices  Responsibility-Action Based |  |  |
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|  |  |  |  |  | Responsibility/Defectiveness  Connection/Belonging  Identity/Race/Culture  Safety/Vulnerability  Power/Control/Choices  Responsibility-Action Based |  |  |

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