

# TRIGGER WORKSHEET

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## Introduction

### WHAT IS A TRIGGER?

A trigger can be many things. It might be a remark, an encounter, a conversation, a thought, or an experience of any kind.

The most important element of any trigger is this: it signals an opportunity to choose between perpetuating an old pattern that does not serve you or creating a new reality.

*What do you do when someone or something triggers you?  
Do you retaliate? Do you run away? Do you repress or deny your feelings?*  
These reactions are your patterns.

When you feel triggered, you may revert to a victim mentality, meaning you feel at the mercy of your circumstances or another's actions.  
You might feel angry or hurt or powerless.

**That's okay.**

**It's what you do next that matters.**

You can choose to maintain your old patterns, to remain in the familiar cycle of your past. Or you can choose to rewrite your narrative and create a new reality.

Feeling triggered is a natural step in your evolutionary process. It shows you what emotional blocks you need to address — to feel through, release, and heal — in order to reclaim your Divine creative powers.

You are capable of transcending the patterns that do not serve you. But first you need to own them by exploring what triggers them.



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# TRIGGER WORKSHEET

## EXAMPLE

Focus on just one trigger from your present that creates an unwanted feeling (like anger or sadness).

This will help you identify a past pattern you're currently perpetuating.

Remember, a trigger can be a remark, an encounter, a conversation, a thought, or an experience of any kind.

### WHO/WHAT TRIGGERS ME NOW?

*My roommates being loud when I'm trying to study.*

### HOW DO I REACT?

*I swallow my anger and pretend it doesn't bother me in order to avoid conflict.*

### WHAT HAPPENS NEXT?

*I let the anger fester until I become bitter towards my roommates and stop hanging out with them.*

### HOW DOES THIS EXPERIENCE MAKE ME FEEL?

*I feel angry at them for being selfish. I feel like they don't consider me; like I am unimportant.*

### WHAT PHYSICAL SENSATIONS DO I EXPERIENCE?

*A lump in my throat and an empty feeling in my stomach. Sometimes I cry.*

### WHO/WHAT TRIGGERED ME IN MY PAST?

*My parents yelling at each other when I was in the room.*

### HOW DID I REACT?

*I ran to my room to get away from them and cried. I wanted to be anywhere but home.*

### WHAT HAPPENED NEXT?

*After a while, things would go back to normal. But I was always worried they would start yelling again. I took it upon myself to try to keep the peace whenever I could.*

### HOW DID THIS EXPERIENCE MAKE ME FEEL?

*I felt angry at them for upsetting me. I felt like they didn't care enough about me to act like adults. I felt powerless and unimportant.*

### WHAT PHYSICAL SENSATIONS DID I EXPERIENCE?

*A lump in my throat and an empty feeling in my stomach. I cried often.*



# TRIGGER WORKSHEET

## Part 1: Identify

Focus on just one trigger from your present that creates an unwanted feeling (like anger or sadness).

This will help you identify a past pattern you're currently perpetuating.

Remember, a trigger can be a remark, an encounter, a conversation, a thought, or an experience of any kind.

**WHO/WHAT TRIGGERS ME NOW?**

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**HOW DO I REACT?**

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**WHAT HAPPENS NEXT?**

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**HOW DOES THIS EXPERIENCE MAKE ME FEEL?**

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**WHAT PHYSICAL SENSATIONS DO I EXPERIENCE?**

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**WHO/WHAT TRIGGERED ME IN MY PAST?**

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**HOW DID I REACT?**

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**WHAT HAPPENED NEXT?**

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**HOW DID THIS EXPERIENCE MAKE ME FEEL?**

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**WHAT PHYSICAL SENSATIONS DID I EXPERIENCE?**

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## Part 2: Empower

Based on the patterns you identified in Part 1, you now have the information you need to rewrite your programs (if you so choose) so that the next time you encounter your trigger, you decide what happens next.

1.

### **TAKE RESPONSIBILITY FOR YOUR REALITY** *To reclaim your Power*

You are a powerful creator, and you have co-created this experience for a purpose. Note that this has nothing to do with blame. This is about owning your reality and claiming your Divine creative powers. Let your triggers serve as sparks that ignite your evolution, and choose to create what you want.

*What do I take responsibility for?*

2.

### **FEEL THE SENSATION** *To release the Block*

Part of claiming your power is validating your feelings. If your feelings are not validated, felt, and released, they will continue to manifest. Every emotion has a specific energetic frequency that attracts similar frequencies; therefore, if you are constantly in a state of anger, you will consistently attract more experiences that cause you to feel angry. If you choose to perpetuate the patterns of denying, minimizing, repressing, retaliating, or running away, nothing in your reality will change. Note that validating your emotions and feeling through the accompanying sensations is one of the most challenging steps in this process of evolution. It's difficult work that takes time, courage, and persistence. But the reward is emotional freedom.

3.

### **IMAGINE WHAT YOU WANT TO EXPERIENCE** *To create a new Reality*

When you focus on what you want, you create a positive feeling. Maybe it's a feeling of peace, or joy, or abundance. As you embrace this positive feeling, you resonate out a higher vibrational frequency. Like vibration attracts like vibration, so when you embody the frequencies you desire, you attract more experiences that create those desired frequencies. Remember that you determine your own limits (or lack thereof) through your beliefs. So, believe that you are capable of creating the life you desire. Embody the emotions you enjoy, and allow your new reality to manifest.



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## Part 3: Create

What do you want your life to look like? How do you want to feel?  
What do you want to experience?

Describe your new reality as if it is already true.  
Be sure to only use words that resonate with what you want to create.  
For instance, don't write, "I am not sick;" write "I am healthy."

Take a breath and center yourself in the present moment.

Now create the life you desire.

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For more guidance on how to create the life you desire, check out  
[Messages & Reminders from D.p. \(Divine parent\).](#)



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