



# Trigger Note

Date / Time: \_\_\_\_\_

What triggered me?: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Immediate Response (Feelings / Body): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

This is the \_\_\_\_\_ time in \_\_\_\_\_ months

Gratitude (What can I thank God for?): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Prayer (Short honest cry): \_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_