

# Identifying Your Triggers CBT Worksheet

Patient name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** This worksheet is designed to assist you in identifying triggers for negative emotions or behaviors. By recognizing these triggers, we can work together to develop strategies for more effective emotional management.

## Trigger description

**Describe the trigger:** Provide a detailed description of the situation or event that triggered negative emotions or behaviors.

**Emotional response:** Specify the emotions you experienced in response to this trigger. (e.g., anger, sadness, anxiety)

**Thought patterns:** Identify any automatic thoughts or beliefs accompanying your emotional response. Were there any irrational or distorted thoughts?

## Trigger analysis

**Commonalities:** Are there common themes or patterns among your triggers, emotional responses, or thought patterns?

**Goal setting:** What are your goals for managing these triggers more effectively in the future?

**Implementation:** What steps will you take to implement your goals and respond differently to these triggers?

**Therapist's notes**