

# Mental Health Worksheet: Understanding Personal Triggers

## Client Information:

Name:

Date of Birth:

Gender:

Address:

Phone Number:

Email Address:

Date of Consultation:

## Instructions:

1. Read the prompts/questions carefully.
2. Reflect on your thoughts, feelings, and experiences.
3. Write your responses in the spaces provided.
4. Be honest and open with yourself.
5. Take your time and don't rush the process.
6. Use additional sheets if needed.

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1. **What situations or events tend to trigger negative emotions or stress for you?**

Response:

**2. How do you typically react when you encounter these triggers?**

Response:

**3. Are there any physical or emotional signs that indicate you're being triggered?**

Response:

**Activity: Challenging Negative Thoughts**

*Instructions: Identify a triggering event or situation and analyze the associated negative thoughts. Challenge those thoughts by finding alternative perspectives or evidence that contradicts them.*

**Triggering Event:** *[Specify the triggering event or situation]*

**Response/Result:** *[Write your response or record the outcome]*

**Challenge Negative Thought:** *[Write your response]*

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**Goal Setting:**

Goal: *[Specify the goal related to mental health or well-being]*

**Steps to Achieve the Goal:**

Step 1:

Step 2:

Step 3:

**Reflection:**

**How did this exercise help you gain insight into your personal triggers and potential ways to manage them?**