

ENERGY GOODNESS POSITIVE
 TRUST INVINCIBLE DEPENDABLE
 FREE APPROVAL PASSIONATE
 STRONG PRIDE ADMIRABLE
 CONFIDENT JOY VALUED FAIR
 SERVICE DIFFERENCE SHARE FRIENDLY ENJOY ALIVE FOREVER
 INSPIRE PASSIONATE HONEST WHOLE PROUD
 BRIGHT LOVE SMILES SPECIAL
 INVIGORATING GREAT QUALITY HEALTHY FUN ALERT
 HOPE LOYAL TRUE REFRESHING
 BREAKTHROUGH GENEROUS

T-Care Skill Two:

Recognizing Triggers
Training Packet

TARGET

TRAUMA AFFECT REGULATION:
GUIDE FOR EDUCATION & THERAPY



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The **FREEDOM** Steps

From Reactivity to Resilience

FOCUS: SOS

Pay attention to your body signals, clear your mind, and focus on one thought that reflects what you truly value.

RECOGNIZE TRIGGERS

Know your stress Triggers and teach your brain to distinguish between a real threat and a reminder.

EMOTION SELF-CHECK

Identify REACTIVE Emotions (fear, anger, sadness) and balance them with MAIN Emotions (calmness and confidence).

EVALUATE THOUGHTS

Learn to evaluate your REACTIVE Thoughts and find within them your MAIN Thoughts that represent what you believe in.

DEFINE GOALS

Restore hope by tapping into goals that express your true values and dreams rather than quick fixes.

OPTIONS

Regain personal control by making choices that reflect who you are and what you want most in your life.

MAKE A CONTRIBUTION

Recognize how you make the world a better place when you are in control of your brain's stress ALARM.

- 1 Pay attention to the message from your ALARM.
- 2 Figure out the Trigger.
- 3 Understand your Main Goal
- 4 Focus your Mind

Recall specific instances of fully or partially effective actions taken in the past when under stress:

- Finding solutions for difficult life challenges/problems
- Standing up for personal values while respecting others
- Being successful based on natural or learned talents
- Withholding impulsive or aggressive urges
- Being a role model for others based on core values
- Thinking carefully about consequences before acting

Knowing Your ALARM Triggers

What pushes your buttons, sets you off, or gets you feeling down?

<input type="checkbox"/> Being alone	<input type="checkbox"/> Lack of privacy	<input type="checkbox"/> Feeling pressured or rushed
<input type="checkbox"/> Feeling lonely	<input type="checkbox"/> Darkness	<input type="checkbox"/> Not being listened to
<input type="checkbox"/> Loud noise	<input type="checkbox"/> Somebody arguing with you	<input type="checkbox"/> Being let down by someone you trust
<input type="checkbox"/> Being touched	<input type="checkbox"/> Somebody gets in your face	<input type="checkbox"/> Being in a crowd
<input type="checkbox"/> Hearing people laugh	<input type="checkbox"/> Being stared at	<input type="checkbox"/> Being told to be quiet
<input type="checkbox"/> Being asked questions	<input type="checkbox"/> Being told "no"	<input type="checkbox"/> Being teased or picked on
<input type="checkbox"/> Not having control/input	<input type="checkbox"/> Being ignored	<input type="checkbox"/> A place where "bad" things happened
<input type="checkbox"/> Contact with family	<input type="checkbox"/> A threatening look	<input type="checkbox"/> Being told you can't do something
<input type="checkbox"/> Being asked to keep a secret	<input type="checkbox"/> People yelling or arguing	<input type="checkbox"/> Being around police officers
<input type="checkbox"/> Going to court	<input type="checkbox"/> Having to talk to police officers	<input type="checkbox"/> Somebody comes up behind you
<input type="checkbox"/> Being taken advantage of	<input type="checkbox"/> Being treated with disrespect	<input type="checkbox"/> A certain holiday or anniversary
<input type="checkbox"/> Being criticized	<input type="checkbox"/> Being excluded	<input type="checkbox"/> Being accused of something you didn't do
<input type="checkbox"/> Being told what to do	<input type="checkbox"/> Being restricted from seeing your friends.	<input type="checkbox"/> Being treated like you're stupid or what you think doesn't matter
<input type="checkbox"/> Other(s): _____		