A Better Way
Counselling Service
A New Beginning

Let's explore your triggers

Can you think of something that has triggered a strong feeling in you?

Think of a time when you felt worried, frightened, angry or upset.

What happened?



What did you see, hear, remember or think about?



How did your body feel?



Who could help you talk it through?



Scan this code to get a printable sheet.

What happened?	What did you see, hear, remember or think about?	How did your body feel?	Who could help you talk it through?

It's OK if you're not sure yet.
Talking to a trusted grown-up can help.