



Manage Negative Emotional Triggers

1. **Review Your Monitoring Form** – Identify triggers based on distress levels and likelihood of recurrence.
2. **Choose Manageable Distress Levels** – Focus on triggers that cause moderate distress, avoiding highly distressing ones until you gain more practice.
3. **Prioritize Likely Triggers** – Select those moderately to highly likely to occur again for the most impact.
4. **Make Your Final Selection** – Pick three triggers that balance distress and likelihood to build effective management skills.

This approach helps you develop confidence in handling distressing situations.

Step 1: Select Three of Your Triggers

Enter your triggers below.

Trigger 1:

Trigger 2:

Trigger 3:

Step 2: Create five soothing thoughts

Managing emotional triggers can feel overwhelming, but one of the most effective tools for staying calm is developing **soothing thoughts**. These are short, reassuring statements that help shift your mindset, reduce distress, and bring a sense of control in difficult moments.

Thought 1:

Thought 2:

Thought 3:

Thought 4:

Thought 5:

Create your plan to manage your first negative emotional trigger:

Check as many of the strategies as you would like to use.

This trigger is predictable. I will schedule a 10-minute relaxation session prior to the next time I face this situation.

This situation is NOT predictable. I will schedule a 10-minutes relaxation session each day. When this trigger occurs, I will be ready to use my relaxation techniques.

I plan to use slow, deep breathing throughout this situation. This type of breathing does not need to be noticeable to others.

I plan to periodically scan my body for tense muscles throughout this situation. If I notice tension, I will focus on releasing it.

I plan to monitor my thinking for negative thoughts throughout the situation. I will visualize any alarming or upsetting thoughts simply floating away. I may choose to replace those thoughts with neutral or positive thoughts.

I plan to use soothing thoughts during this situation.

This situation is NOT predictable, I plan to practice soothing thoughts each day, so that they are ready for use during this situation.

I plan to ask someone for support.

Create your plan to manage your second negative emotional trigger:

Check as many of the strategies as you would like to use.

This trigger is predictable. I will schedule a 10-minute relaxation session prior to the next time I face this situation.

This situation is NOT predictable. I will schedule a 10-minutes relaxation session each day. When this trigger occurs, I will be ready to use my relaxation techniques.

I plan to use slow, deep breathing throughout this situation. This type of breathing does not need to be noticeable to others.

I plan to periodically scan my body for tense muscles throughout this situation. If I notice tension, I will focus on releasing it.

I plan to monitor my thinking for negative thoughts throughout the situation. I will visualize any alarming or upsetting thoughts simply floating away. I may choose to replace those thoughts with neutral or positive thoughts.

I plan to use soothing thoughts during this situation.

This situation is NOT predictable, I plan to practice soothing thoughts each day, so that they are ready for use during this situation.

I plan to ask someone for support.

Create your plan to manage your third negative emotional trigger:

Check as many of the strategies as you would like to use.

This trigger is predictable. I will schedule a 10-minute relaxation session prior to the next time I face this situation.

This situation is NOT predictable. I will schedule a 10-minutes relaxation session each day. When this trigger occurs, I will be ready to use my relaxation techniques.

I plan to use slow, deep breathing throughout this situation. This type of breathing does not need to be noticeable to others.

I plan to periodically scan my body for tense muscles throughout this situation. If I notice tension, I will focus on releasing it.

I plan to monitor my thinking for negative thoughts throughout the situation. I will visualize any alarming or upsetting thoughts simply floating away. I may choose to replace those thoughts with neutral or positive thoughts.

I plan to use soothing thoughts during this situation.

This situation is NOT predictable, I plan to practice soothing thoughts each day, so that they are ready for use during this situation.

I plan to ask someone for support.