



Trigger Management Plan

STEP 1:

Identify your Trigger and describe the emotions/thoughts around it:

.....
.....
.....
.....

STEP 2:

Identify what preference the trigger is in conflict with:

.....
.....
.....
.....

STEP 3:

Identify what your hallucination is when your preference is not met:

.....
.....
.....
.....

STEP 4:

Make a Decision to Grow or Avoid it:

.....
.....
.....
.....

