Triggers are a part of your body’s natural alert system.

Example: A person has a head-on car accident on a familiar street.

Possible future triggers: Oncoming traffic
                      Driving down the same street

Thoughts: The oncoming driver is going to hit me.
         I am in danger on this street.

Feelings: Fear
          Anxiety

Responses: Heart racing
           Sweating
           Tendency to fear driving again
           Avoiding driving again

Some effective ways of changing your reaction to your triggers:

• Assessing the threat
• Adjusting your thoughts

If you can PAUSE

identify the trigger
determine whether or not it is really a threat
adjust your thoughts to match the actual severity of the threat

then you can have more of a choice about how to respond to your triggers.