

How Triggers Work

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.