

"Between stimulus and response, there is a space. And in that space is our power to choose our response. In our response lies our growth and our freedom."

Viktor Frankl

identifying triggers and reactions

DAILY TRIGGERS

LEARNING TO MINDFULLY RESPOND RATHER THAN MINDLESSLY REACT

List triggers and how you REACTED took time to ideally RESPOND (may involve choosing ideal action or not taking any action) based on your highest good. This takes practice.

I NOTICED THESE TRIGGERS TODAY

I felt triggered when this occurred: _____

These people were involved: _____

I felt the following emotions: _____

I REACTED by _____ or I RESPONDED ideally by _____

I felt triggered when this occurred: _____

These people were involved: _____

I felt the following emotions: _____

I REACTED by _____ or I RESPONDED ideally by _____

I felt triggered when this occurred: _____

These people were involved: _____

I felt the following emotions: _____

I REACTED by _____ or I RESPONDED ideally by _____

I felt triggered when this occurred: _____

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I REACTED by _____ or I RESPONDED ideally by _____