

# The Trigger Grid for Adolescents, 2<sup>nd</sup> edition (TG-A-II)

## 1. What is a trigger?

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## 2. Times you have been triggered (pick up to 7 of the most upsetting times)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

## 3. For each of these times, what happened when you got triggered?

Trigger #	What I thought	What I felt	What I did
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____

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## 4. Looking back, what kinds of things have triggered you (What are your triggers?)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## 5. Looking back, what happened after you were triggered that might tell you that you are being triggered in the future?

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> You had a flashback  | <input type="checkbox"/> You spaced out or went away in your mind    | <input type="checkbox"/> It was hard to breath |
| <input type="checkbox"/> Your heart started going fast                              | <input type="checkbox"/> You suddenly got a headache                 | <input type="checkbox"/> You felt dizzy        |
| <input type="checkbox"/> You felt like things weren't real                          | <input type="checkbox"/> You had thoughts that didn't make sense     | <input type="checkbox"/> You felt sick         |
| <input type="checkbox"/> Your body felt strange or weird                            | <input type="checkbox"/> You suddenly felt like you were in the past | <input type="checkbox"/> Your face got hot     |
| <input type="checkbox"/> You were way more upset or angry or scared than made sense |  |  |

Anything else? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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**6. Looking back, was there anything you could have done so that you wouldn't have gotten triggered?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**7. What do you think you could do after you get triggered that would make it better and you wouldn't get so upset, scared, or mad:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_