

Thrive 101 | Reaction to Response

Trigger Exercise

In this exercise, a trigger is defined as an intense and usually negative emotional reaction.

Categories of Triggers

- Emotional state (angry, depressed, happy, sad)
- Physical state (relaxed, tense, tired, aroused)
- Presence of others (when the behavior occurs around certain people: family, friends, clients, certain agents)
- Physical setting (work, party, ex-spouse's house, when you are told "no" in an appointment)
- Social pressure (being forced or coerced into doing things you don't want to do)
- Activities (work, working at home, making dials, recruiting)
- Thoughts (remembering times you engaged in the behavior)

One helpful way to identify triggers and consequences related to changing is to think about experiences you have had. In this exercise, you will describe two general types of situations that have triggered the behavior you want to change.

Trigger Situation 1

Briefly describe ONE of your high-risk trigger situations.

Describe the types of CONSEQUENCES usually associated with this situation. Consider both NEGATIVE and POSITIVE consequences, and whether they occur right away or are delayed.
