

Trigger Log

A **trigger** is a moment that provokes a strong emotion in you that lasts more than 7 seconds.

If something triggers you, we invite you to reflect on it by filling the table below. You can repeat this exercise during our program to increase your self-awareness. If an interaction is not safe, you can leave the room and talk to one of the facilitators.

Trigger (what provoked you)	Emotion (how you felt)	Intensity (how strongly you felt it 1-10)	Needs (what needs you had that were not meet)	Moving forward (is there an action you want to take?)

Source: inspired by [Percolab](#), [Going Horizontal](#)

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