

## HILLS COUPLES COUNSELLING

### **TRIGGERING EVENT**

A triggering event can be just about anything that results in negative thoughts.

Examples include:

- Getting cut off while driving.
- Having a bad day at work.
- Your friend is late meeting you.



### **NEGATIVE THOUGHTS**

Negative self-talk occurs in response to a trigger.

Examples include:

- "That jerk just had to go and cut me off because they're so important."
- "I hate my job. I'm horrible at it. Every day is the worst."



### **BEHAVIORAL RESPONSE**

Based upon your thoughts, emotions, and physical symptoms, you respond to the situation. Aggression and other behavioral responses to anger often result in new triggering events.

Examples include:

- Fighting
- Yelling
- Arguing
- Criticizing



### **EMOTIONAL RESPONSE**

The emotional response depends on thoughts. Negative thoughts result in a negative emotional response.

Examples include:

- After thinking that another driver has intentionally cut you off, resulting emotions may be anger and frustration.



### **PHYSICAL SYMPTOMS**

Your body reacts to your emotions, usually outside of your awareness.

Examples include:

- Shaking
- Tensing of muscles
- Heavy Breathing
- Clenched fists
- Flushed skin

