NOVA WELLNESS COLLECTION INC.
Let's Heal Together
Thenovahub.net

TRIGGER TRACKER

DATE _____ TIME _____

Notice the pattern. Name what you need. Choose a safer response.

1. WHAT HAPPENED?

_____
_____
_____
_____
_____

2. WHAT DID I NOTICE IN MY BODY?

- ☐ Racing heart
- ☐ Tight chest
- ☐ Shaky
- ☐ Hot / flushed
- ☐ Nauseous
- ☐ Frozen / numb
- ☐ Tense
- ☐ Other: _____

3. WHAT THOUGHT SHOWED UP FIRST?

_____
_____
_____
_____
_____

4. WHAT DID I FEEL URGED TO DO?

- ☐ Argue
- ☐ Shut down
- ☐ Leave
- ☐ Text / call
- ☐ Use / escape
- ☐ People-please
- ☐ Cry
- ☐ Other: _____

5. WHAT DID I ACTUALLY NEED?

- ☐ Safety
- ☐ Reassurance
- ☐ Space
- ☐ Respect
- ☐ Rest
- ☐ Support
- ☐ A boundary
- ☐ Clarity

6. WHAT CAN I DO DIFFERENTLY NEXT TIME?

_____
_____
_____
_____
_____

7. MY NEXT SAFE STEP

- ☐ Pause for 10 minutes
- ☐ Take 5 slow breaths
- ☐ Drink water
- ☐ Step away
- ☐ Contact support
- ☐ Set a boundary

A trigger is information - not an instruction.

LET'S HEAL TOGETHER!

Nova Wellness Collection Inc.

For reflection and self-support; not a substitute for professional care.