



DATE: _____

My Abandonment Triggers

Take a few minutes to notice what happens when you feel abandoned. There are no right or wrong answers.

Situations that trigger me

What happened?

Thoughts I notice

What was I thinking?

What my body does

What did I notice in my body?

What I usually do

How did I respond?

What I wish I could do instead

What would I like to try next time?

Gentle Reminder

Triggers are not weaknesses. They are often your mind and body trying to protect you based on past experiences. Becoming aware of them is an important step towards healing.

Need Extra Support?

If this worksheet brings up difficult emotions, pause and reach out to someone you trust or a qualified mental health professional.

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