

Restructuring Triggers Sheet

Trigger (fact)

Stories(thoughts/perceptions)

Feelings/Emotions

Reactive Behavior

Hidden Fear

What scares me the most about all of this is

What all this reminds me of from my growing up is.....

What I needed growing up that I didn't get.....

The way I learned to cope with not getting that was to.....

The Growth opportunity for me in this is to
(change story/change reactive behavior)

