

RELATIONSHIP TRIGGERS

This exercise is designed to help you begin to look at the connections between the triggering person and type, the situation or trigger, the core beliefs that get activated along with the accompanying emotions, and your behavioral reaction.

List the things that apply for each of the five categories below. For the category “Triggering person and type,” write down the person and which of the five types—if any—he or she may fall into. Remember, not all of the situations are triggered by a toxic type; they can also be set off by a “normal” person who exhibits a triggering behavior.

Triggering person and type:

Triggering behavior/situation:

Core belief(s):

Emotions:

Behavioral reaction: