

Client _____ Date _____

Personal Triggers for Abusive Behavior

Core Competency #11

Behavioral Triggers

Examples of behavioral triggers; an eye wink, a smile, a sound we dislike, a frown, being embarrassed, being ridiculed, insulted, etc. The trigger elicits a response based upon our interpretation of the trigger. Our past history and memory influence how we interpret the trigger. For example what I consider to be an annoying noise someone else might interpret as pleasant.

It is important to know our triggers, we can plan for what we know about ourselves, we can not plan for what we do not know about ourselves.

Do you identify with any of the triggers listed below that precede abusive behavior;

- Infidelity Alcohol Use Drug Use Depressed Mood Irritable Critical
- Blaming Isolating Name calling Nit Picking Sullen No Affection
- Embarrassment Ridicule Insults Rule Violations Being Abused Other

Now select one of the triggers and described how this trigger influenced your behavior and resulted in abusive behavior. Example: Trigger=Ridicule: "I hate it when she would **ridicule** me. It reminded me of when my mother used to criticize me when I was young."

Trigger _____

Describe an example of how you were recently triggered but did not become abusive.

