

S.A.F.E. – Trigger Mapping Exercise

A Program of Posterity: A Safe Place, Inc.

This worksheet helps you identify situations, places, people, or experiences that cause distress, and develop strategies to manage them. Understanding your triggers can help you feel more prepared and in control.

Types of Triggers (Circle or Highlight Any That Apply):

Sensory: smells, sounds, sights, textures
Situational: certain locations, events, times of day
Relational: interactions with certain people or groups
Internal: thoughts, memories, physical sensations

Trigger Mapping Table:

Trigger	What Happens	Coping Tool	Support / Resources

Notes / Reflection:

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