

When Something Small Sets It Off

Map the everyday things that set off a strong reaction, and what helps right after.

WHEN TO USE THIS

Use this after a moment when something small hit you much harder than you expected.

You do not need to write about what happened to you. Stay with the last week or so. Skip anything you want to skip.

Fill in a few from the last week or two.

WHAT SET IT OFF	WHERE I WAS	WHAT HELPED AFTER

Which of these tend to catch you off guard?

- ☐ A certain smell
- ☐ A loud or sudden noise
- ☐ Someone standing too close
- ☐ A tone of voice
- ☐ A place I have to pass
- ☐ The news, or a show
- ☐ Being touched without warning
- ☐ A time of day

What is one thing you could have ready for next time?

Headphones, a way out, a text to a friend.

How much say do you feel you have when one of these hits?

0	1	2	3	4	5	6	7	8	9	10
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None at all

Quite a bit

Knowing the pattern is not the same as fixing it. It is still worth knowing.

