

Developing My Trigger Action Plan - Published 10/01/2016

In our last issue we looked at triggers. In summary, triggers are external events that cause us to start to feel uncomfortable. A few examples might be when someone yells at me, someone cuts me off when I am driving, or the anniversary of a loss or trauma.

So, the question becomes – What do I do when I notice that I have been triggered?

In WRAP we learn to use an action plan. The action plan tends to be a group of wellness tools that we have identified that help us to be safe and feel better when we are experiencing unpleasant feelings. We discussed wellness tools in several earlier issues of this newsletter.

Let's say that our trigger is the anniversary of a loss or the anniversary of a trauma.

An example of a trigger action plan might be:

When I am triggered I will:

- Focus on tasks that are easy for me to do well
- Get one thing done that I know I can do well
- Do a reality check
- Talk to a support person
- Write in my journal
- Get some vigorous exercise

Once again, this is just an example of an action plan. As with all things in WRAP, we each develop action plans that are appropriate for us. We will not get well by following someone else's action plan. It must be our own.

This is just a quick overview of an action plan. If you are interested in understanding more, please either register for a WRAP workshop at NAMI Mercer or join our online WRAP support on Thursday evenings.
