Emotional Trigger Journal

Date:	Trigger Situation:	Reactive Feelings	Choice:	Attachment Need:
	Describe what triggered you whether it was:	Angry, mad, resentful, annoyed,	proactive versus	(Secure Emotional Connection)
	An actual event, A stream of thoughts, a	irritated, upset, furious	reactive, confident	Contact, Care, Comfort, Acceptance,
	daydream, a memory, or an image	Vulnerable Primary Emotions	versus insecurity, and	Belonging, Togetherness, Love, Value,
		Lonely, unloved, unwanted,	success versus failure.	Safety)
		rejected, alone, abandoned		