

Triggers

"Things that, IF they happen, might cause an increase in my symptoms"

- Anniversary dates
- Work stress
- Excessive stress
- Relationship ending
- Spending too much time alone
- Holidays
- Family get togethers
- Being judged or criticised
- Being teased or put down
- Being over tired
- Being left out
- Self blame
- Physical illness
- Financial problems
- Sexual harassment
- Being around an abuser or someone who reminds me of a past abuser
- Drinking alcohol or using street drugs
- Extreme guilt (from saying "no" etc)
- Talking to certain family members
- Loss of/feeling out of control
- Disagreement with co worker
- Assuming anything negative has to do with me
- Not feeling heard/validated
- Fight with someone
- Hateful outburst by others
- Intimacy
- Over extending myself
- Not enough time alone
- Legal problems
- Family friction
- Crowded places
- Extended travel
- Sleep disruption
- Violent movies
- Bad weather
- Letter from bank
- Rent increase
- Cruelty to people or animals