

# Conflict Triggers Worksheet

Use this worksheet to identify your personal conflict triggers. Recognizing these signs early can help you pause before things spiral out of control.

## 1. Physical Warning Signs

What physical signals tell you that you are getting triggered? Check all that apply and add your own.

<input type="checkbox"/> Tightness in chest or stomach
<input type="checkbox"/> Clenched jaw or fists
<input type="checkbox"/> Feeling hot or shaky
<input type="checkbox"/> Rapid heartbeat
<input type="checkbox"/> Urge to raise your voice
<input type="checkbox"/> Shutting down or going quiet
<input type="checkbox"/> Other: _____

## 2. Emotional Tripwires

Which of these common triggers show up most often for you? Circle or highlight the ones that apply.

<input type="checkbox"/> Feeling unheard or dismissed
<input type="checkbox"/> Feeling controlled or powerless
<input type="checkbox"/> Feeling disrespected or devalued
<input type="checkbox"/> Feeling abandoned or ignored
<input type="checkbox"/> Other: _____

## 3. Reflection Prompts

- Think about your last three arguments. What triggered each one?
- What did you feel in your body right before things escalated?
- What thoughts ran through your mind in that moment?
- How could you pause earlier next time when you notice these signs?