



- ★ COMMUNITY
- ★ GUIDANCE
- ★ SUPPORT

## TRIGGERS

People with PTSD are extremely sensitive to anything that reminds them of the traumatic events they have lived through. These reminders are called triggers because they set off, or trigger, a reaction in the person. Sights, smells, sounds, people, and events can all be triggers. A trigger can be something that happens in the environment or a physical or emotional sensation.

What triggers people with PTSD may not even be noticed by someone else. When asked what triggers them, they might say things like:


*"Every time the phone rings, it makes me jump."*

*"A person on the street bumped my shoulder, and I felt ready to fight him."*

*"When that siren went off outside my house, I wanted my family to head right down to the basement."*

*"The smell of burning leaves makes me sick to my stomach."*

*"When I see a small child running, I panic."*

 Can you think of some triggers that cause you to react strongly? Write them down and describe how you react.

Trigger \_\_\_\_\_

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Reaction \_\_\_\_\_

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Trigger \_\_\_\_\_

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Reaction \_\_\_\_\_

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Trigger \_\_\_\_\_

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Reaction \_\_\_\_\_

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Trigger \_\_\_\_\_

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Reaction \_\_\_\_\_

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