WHAT TRIGGERED ME...

1. I felt unheard.
2. I felt not important.
3. I felt powerless.
4. I felt I couldn't speak up.
5. I felt excluded.
6. I felt ignored.
7. I felt unsafe.
8. I felt like the bad person.
9. I felt things were unfair.
10. I felt I had no words to say.
11. I felt judged.
12. I felt blamed.
13. I felt hurt.
14. I felt disrespected.
15. re unfair.
16. I felt trapped.
17. I felt afraid.
18. I felt lonely.
19. I felt controlled.
20. I felt manipulated.
21. I felt frustrated.

Identifying what your triggers are can help you overcome them.

Making Therapy Better!

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brilliant therapy

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