# Journaling: The Triggering Event Cycle

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**Directions**: Choose one situation when **you were not satisfied** with how you reacted when you felt triggered when engaging in dialogue about issues of race, racism, equity, and inclusion.

1. What was the **specific situation** in which you felt triggered (Step 1)?
2. What were some of your **intrapersonal roots** fueling your triggered reactions? (Step 2)
3. How did you **make meaning** of the situation? **What “story” did you make up** about what you thought was happening (Step 3)?
4. **How did you know** you were triggered (Step 4)?

\*physiological reactions: \*self-talk/thoughts:

\*feelings: \*unconscious behaviors or responses:

5. What were your **intentions** and motives? Hoped for outcomes? What were you trying to accomplish (Step 5)?

\*unproductive motives: \* more productive motives:

6. How did you **react** when you were triggered? Please note both your actions as well as your intrapersonal processes, such as your feelings and fears, thoughts and “self-talk” (Step 6)?

\* less effective reactions/responses: \*more effective reactions/responses:

7. How was your effectiveness impacted by feeling triggered? How did your reactions impact you? Others (Step 7)?

8. As you reflect, what might have been more effective in the moment? Afterwards?