

**Exercise: My First Steps – Naming My Triggers and Noticing My Responses:**

I am starting on date and time and every week on day and time I will review my progress and set new goals if necessary.

Write down your answers to the questions below this table?

My Triggers/Hooks	My responses	Do my responses move me towards or away the life I want
		Y/N

**My triggers:**

What difficult thoughts, emotional triggers or behaviours impact or influence my life right here, right now that get in the way of living a rich, full meaningful life or being the person I'd like to be?

**My responses:**

What are you doing that seems to make life worse or makes you feel stuck?

Getting hooked on specific thoughts.

Worrying about past and future.

Judgement – not good enough, of oneself and others

Reason giving or excuses

Rules about yourself or others – right and wrong way of doing things

Important or meaningful people, places, events, activities, situations that you are avoiding or trying to escape from

Private experiences you avoid, get rid of or unwilling to have – thoughts, memories, emotions

