




**TRACK
YOUR
TRIGGERS**
Worksheet

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This worksheet is used to bring awareness to the relationship between your triggers, sensations, thoughts, and emotions. This awareness is a great step towards alchemizing your reactivity to the trigger(s).

Alchemy is the process of transmuting base metals into gold. Or, suffering into empowerment. Our triggers can bring forth a lot of suffering. They can also be a path towards freedom from suffering, if we are willing to take the journey.

Let's start here with some word definitions:

Trigger: What activated your discomfort (i.e. person, situation, place, memory, etc.)

Sensation: The physical experience you felt in your body from the trigger

Thought: Any beliefs, stories, or mental images that come forth from the trigger activation

Emotion: What you are feeling during the trigger activation

Day/Time	Triggers	Sensations	Thoughts	Emotions
11/3 2:00PM	Friend made a rude comment to me	My shoulders felt tight and I clenched my jaw	I really don't like this person right now	Anger and irritation

Track Your Triggers

Thank You!

I hope you found this worksheet helpful for bringing awareness to your triggers. I'd love to hear about your experience!

If you are searching for support on your healing journey, I invite you to schedule a free 15 minute call with me. A phone call will allow us to decide if collaborating together would be of the highest service to your path forward.

What is it that I "do?"

I am an intuitive healer! I use the tools of Spiritual mentorship, embodiment practices, and shamanic journeys to bring you into greater relationship with your power, wholeness, and capacity to heal.

I offer one-on-one sessions. And, I have an amazing online community course called "**ALCHEMY ACTIVATION 101!**"

Learn more on my website: [**www.NataliaMarie.com**](http://www.NataliaMarie.com)

Email to schedule a call: [**NataliaMarie@IgniteAlchemy.com**](mailto:NataliaMarie@IgniteAlchemy.com)

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