

## WB 2.4 — Full Trigger Map

Use with Chapter 4 (The Line) and Chapter 11 in the manual, Chapter 4 in *Shoulder the Bill*. Photocopy for repeated use.

**Purpose** A trigger map makes your activation predictable. By naming the people, places, situations, and cues that reliably shift your state — and planning an exit in advance — you turn surprises into prepared responses.

### How to use this page

**When:** Build during a calm state. Revisit and refine as you learn your patterns.

**Done when:** You have named your main triggers across categories and written at least one If-Then exit plan.

### Worked example

*Person: a critical colleague — early signal is my jaw tightening.*

*Situation: being evaluated without warning. Sensory cue: a raised voice.*

*Exit plan: if my jaw tightens, then I take one slow breath before replying.*

**Anchor Phrase:** *‘That happened before. This is now.’*

**Loop stage:** Notice → Name → Narrow

**People who reliably activate a stress response — and my earliest body signal for each:**

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**Places and situations that shift my state (conflict, evaluation, uncertainty, exclusion):**

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**Sensory cues with associative weight (sounds, smells, tones of voice):**

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**When I am most vulnerable (time of day, tired, hungry, isolated, in pain):**

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**My early exit plans (If this happens → then I will...):**

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☐ Self-Reward Loop completed