

WB 8.1 — Blank Trigger Map

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

Reproducible template — photocopy this page and reuse as often as you need.

Purpose Triggers are not one list for life. This is a second map, for circumstances the first one no longer describes.

How to use this page

When: Use when a new job, household or diagnosis has changed what actually sets you off.

Done when: You have named triggers across people, places and sensory cues, with your earliest signal for each, and written at least one If-Then exit plan.

Anchor Phrase: *'That happened before. This is now.'*

Loop stage: Notice → Name → Narrow

People who reliably activate a stress response, and my earliest signal for each:

Places and situations that shift my state:

Sensory cues, and when I am most vulnerable:

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

☐ Self-Reward Loop completed