

Serenity Now

FOUNDATIONS

*Healing Adult Victims of Childhood Abuse
- Survivor to Thriver*

Calm the Storm

**A Worksheet Set to Understand and Soften Your
Trigger Responses**



Calm the Storm

A Worksheet Set to Understand and Soften Your Trigger Responses

by Serenity Now Foundations

Because the goal isn't to never get triggered—it's to recover faster, safer, and with more self-trust.

If You've Ever Thought...

"I don't know why I reacted so strongly..."

"I can't control what happens when I'm triggered."

"I shut down or explode before I even realize what's happening..."

This guide is for you.

Being triggered isn't a sign that you're broken. It's your nervous system trying to protect you from perceived danger—even if that danger is emotional, not physical.

And while you may not be able to eliminate triggers altogether...

You *can* learn to recognize them faster.

You *can* learn to regulate through them.

You *can* rewire your system to respond instead of react.

This trauma-informed worksheet set is designed to help you do just that—step by step.

Understanding Triggers: A Quick Refresher

A trigger is a stimulus that activates a past survival response in the present moment.

When triggered, your brain might:

- Flood with adrenaline and cortisol
- Misread neutral cues as threats
- Enter fight, flight, freeze, or fawn
- Disconnect you from logic and presence

Common triggers include:

- A certain tone of voice
- Feeling ignored or rejected
- Overwhelm or chaos
- Being asked a question “too fast”
- Having to say no

Triggers aren’t weaknesses. They are *patterns your body memorized to survive.*

But the good news?

Thanks to neuroplasticity, those patterns can change.

Worksheet 1: Know Your Storm Signs

Fill this out to identify your unique early-warning system.

My top 3 emotional triggers are:

1. _____
2. _____
3. _____

When I'm triggered, I tend to...

(check all that apply)

- Lash out**
 - Go silent**
 - People-please**
 - Cry**
 - Panic**
 - Freeze**
 - Leave the room**
 - Disassociate**
 - Over-explain**
-

In my body, I feel...

- Tight chest**
 - Fast heartbeat**
 - Shaky hands**
 - Numbness**
 - Tunnel vision**
 - Heat or cold**
 - Stomach drop**
 - Brain fog**
-

What I tell myself in that moment is:

“ _____ ”

Tip: Knowing these signs helps you catch the storm before it takes over.

Worksheet 2: Regulate the Storm

Here are calming techniques to use in the moment. Practice now so they're accessible later.

3-Sense Grounding

Name 3 things you can see

Name 3 things you can touch

Name 3 sounds you hear

Vagus Nerve Reset

- **Inhale for 4 seconds**
- **Exhale for 6 seconds**
- **Repeat 5 times**

This shifts you from fight/flight to calm-and-connected mode.

Safety Cue Statements

Say these aloud or in your mind:

- **"I am here now."**
 - **"This is not the past."**
 - **"I am allowed to slow down."**
 - **"I'm safe enough to stay present."**
-

Write-In: What Helps Me Calm the Storm

My go-to grounding activity is:

When I feel overwhelmed, I can...

- Step outside
 - Rinse my hands under warm water
 - Sit with a weighted object
 - Text a support person
 - Other: _____
-

Worksheet 3: Reframe the Trigger

Use this page to turn a moment of reactivity into a moment of healing.

The triggering situation was:

What I felt in my body:

What the trigger reminded me of (past pattern or memory):

What I believed in that moment:

“ _____ ”

Now reframe it:

What's *actually* true now?

“ _____ ”

Example Reframe

Trigger: Partner interrupted me

Old belief: “I’m invisible and what I say doesn’t matter.”

New truth: “I felt disrespected. I can ask to be heard without collapsing.”

Worksheet 4: Plan Ahead

Create a trigger response plan to reduce panic and increase self-trust.

Trigger Scenario I Want to Prepare For:

My goal in that moment:

- Stay present**
 - Speak clearly**
 - Regulate without shutting down**
 - Name the need**
 - Exit gracefully if needed**
-

My coping strategies:

- Name my sensations**
 - Use a script (see below)**
 - Step away and breathe**
 - Ground into my body**
 - Use a calming object**
-

Script Options to Use During Trigger

- “I’m feeling activated. I need a moment.”
 - “Can we slow down? I want to respond from a calm place.”
 - “This feels hard to talk about. I need a break, and I’ll come back to it.”
 - “I’m not shutting down—I’m trying to stay present, and I need a second.”
-

Bonus: “Calm the Storm” Affirmations

Use these daily or during recovery:

- “It’s okay to pause before I react.”
 - “Triggers are invitations to heal.”
 - “I’m not broken—I’m rewiring.”
 - “My nervous system is learning a new way.”
 - “I survived the past. This is different.”
-

Want More Support?

Join our trauma recovery course: **7 Steps to Turn Your Demons Into Puppies**

→ Learn how to deactivate your survival responses using neuroplasticity

🔗 Explore the course at <https://serenitynowfoundations.com/>

Copyright and Trademark Notice

© 2025 Serenity Now Foundations. All rights reserved. Unauthorized use, reproduction, or distribution of this document is prohibited.

Serenity Now Foundations and its logo are registered trademarks. All other trademarks are the property of their respective owners.

© 2025 Sugarwest Global Ltd. dba Serenity Now Foundations Institute
