



STRENGTH OF A WARRIOR

Triggers

Certain people, places, sounds, or smells can remind you of things that happened while deployed. These reminders are called triggers. When this happens it can bring back memories of painful experiences. Triggers are often harmless in and of themselves, but they have become associated with the original trauma. Common examples of triggers for veterans include:

- Fireworks
- Planes and/or Helicopters flying
- Unexpected loud noises
- Crowded public places
- People from other ethnic groups
- Feeling boxed in or trapped in traffic
- Trash/objects in the road
- People not obeying laws
- Smell of diesel fuel
- Lack of respect

The amygdala--the part of your brain whose sole responsibility is keeping you alive--recognizes the similarity of trigger and--not realizing that you are home safe--activates the fight or flight response.

Learning to recognize your triggers is an important part of PTSD treatment. Keeping a record of your triggers can help you avoid those you can and prepare to encounter those you can't avoid.

Here you can list any known triggers.

- | | |
|----------|-----------|
| 1. _____ | 7. _____ |
| 2. _____ | 8. _____ |
| 3. _____ | 9. _____ |
| 4. _____ | 10. _____ |
| 5. _____ | 11. _____ |
| 6. _____ | 12. _____ |