

**Exercise P1 - Triggers**

Identify and write about your sexual and emotional triggers in the table below. The goal is to learn to identify when we are triggered and make a conscious decision not to medicate the trigger through sexual acting out or other unhealthy behaviors. We won't always be able to avoid triggers. Knowing what they are in advance can help us make better choices.

<b>IDENTIFY TRIGGERS</b>	<b>DESCRIBE/EXPLAIN</b>
<b>Sexual Triggers</b>	