

TRAP



When we are low we lose contact with our values and who we are through avoidance (the TRAP). Explore this here before moving to page 2- TRAC.

Trigger- the upsetting event

Response- How I felt

Avoidance Pattern- what I stopped avoided or withdrew from due to feeling bad

Short term consequences of avoidance

Long term consequences of avoidance

TRAC



You can make a plan to restore yourself. An alternative coping based on your values and the life that you want.

Trigger- the same upsetting event as above

Response- How I felt (likely the same as above)

Alternative Coping- what do I need to feel better? What fits my values and goals?

Short term results of alternative coping

Long term results of alternative coping