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.



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Trigger- the upsetting event	
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Response-How I felt	
Avoidance - what I stopped, avoided or withdrew from	when feeling bad
Short term consequences of avoidance	
-	
Long term consequences of avoidance	

TRAC

You can make a plan to get back to 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 in TRAP)
Alternative Coping- what do I need to feel better? What fits my values?
Chart to we sult of alternative services
Short term results of alternative coping
Long term results of alternative coping

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