Trigger and Grounding Plan - Review journal

Review an attempt at trigger and grounding plan and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Lee finds a familiar location unexpectedly upsetting.

Use an ordinary or fictional example, with a clinician when appropriate. Reminders of betrayal can be met with individualized support and choice.

Practice task

Map an ordinary reminder, current reactions, an external grounding option, and a support request without exposure practice.

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What would help in the moment without requiring a discussion immediately? My optional adjustment or support request:

Scope and adaptation

Joint work requires private assessment of coercion, violence, fear, and retaliation. Do not require graphic disclosure, passwords, surveillance, reconciliation, forgiveness, or sexual contact. Accountability for deception is not assigned to the hurt partner. Support individual agency and appropriate medical, legal, or safety consultation without using this worksheet as professional advice.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Integrative Model of Affair Recovery. Full source links and scope: library.morethantherapy.org/recovery/resources/INF-A11-5