

Understanding what triggers overwhelming emotions after experiencing infidelity is a crucial step toward managing them effectively. **A trigger is any situation, event, or thought that initiates intense emotional reactions, such as anxiety, anger, sadness, or mistrust.** These triggers can be external, like seeing certain places, people, or reminders of the infidelity, or internal, such as specific thoughts, memories, or feelings of insecurity.

Identifying your triggers involves paying close attention to situations where you feel overwhelmed by emotional responses, along with the physical sensations, thoughts, and emotions that arise in these moments. By becoming aware of your unique trauma triggers related to infidelity, you can anticipate and better prepare for them, reducing their impact on your healing process. This worksheet will guide you through the process of identifying and understanding your triggers, helping you develop strategies to manage and cope with them effectively.

PART 1: Identify Triggers

Think of a specific scenario related to the infidelity that triggers intense emotions. Write down the details, then describe the physical sensations, the thoughts that come to mind, and the emotions you feel when it happens.

Situation Description

Location

People Involved

Before

After

1 What were you feeling physically?

1 What were you feeling physically?

2 What were you thinking about?

2 What thoughts did you have?

3 How did you feel emotionally?

3 How did you feel emotionally?



Identifying Triggers

Situation Description	Location	People Involved
Before		After
1 What were you feeling physically?	1 What were you feeling physically?	
2 What were you thinking about?	2 What thoughts did you have?	
3 How did you feel emotionally?	3 How did you feel emotionally?	

Situation Description	Location	People Involved
Before		After
1 What were you feeling physically?	1 What were you feeling physically?	
2 What were you thinking about?	2 What thoughts did you have?	
3 How did you feel emotionally?	3 How did you feel emotionally?	



PART 2: Identify Patterns

Look for patterns in your triggers.

Are there common themes or situations that trigger intense emotions?

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Are there particular physical symptoms that you notice repeatedly?

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Are there specific thoughts or beliefs that frequently occur with your emotions?

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PART 3: Develop Coping Strategies

Identify coping strategies that can help you manage your emotions in these situations. To learn more about coping skills you can use, scan the QR code below.

Situation Description

Coping Strategies

Situation Description

Coping Strategies

Situation Description

Coping Strategies





Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



300+
Companies Reviewed



2,350+
Hours of Firsthand Experience



1,150+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

