

Trigger Inventory Worksheet

Your triggers aren't weaknesses. They're information.

Instructions

Identify at least 3 advocacy triggers. For each one, name the emotion it provokes and use the "Why Five Times" technique to find the root cause.

Trigger 1

What someone says or does:

The emotion it provokes:

Why Five Times:

1. Why does this bother me? _____
2. Why does this bother me? _____
3. Why does this bother me? _____
4. Why does this bother me? _____
5. Why does this bother me? _____

Root cause (the real reason):

Trigger 2

What someone says or does:

The emotion it provokes:

Why Five Times:

1. Why does this bother me? _____
2. Why does this bother me? _____
3. Why does this bother me? _____

4. Why does this bother me? _____

5. Why does this bother me? _____

Root cause (the real reason):

Trigger 3

What someone says or does:

The emotion it provokes:

Why Five Times:

1. Why does this bother me? _____

2. Why does this bother me? _____

3. Why does this bother me? _____

4. Why does this bother me? _____

5. Why does this bother me? _____

Root cause (the real reason):

Trigger 4

What someone says or does:

The emotion it provokes:

Why Five Times:

1. Why does this bother me? _____

2. Why does this bother me? _____

3. Why does this bother me? _____

4. Why does this bother me? _____

5. Why does this bother me? _____

Root cause (the real reason):

Trigger 5

What someone says or does:

The emotion it provokes:

Why Five Times:

1. Why does this bother me? _____

2. Why does this bother me? _____

3. Why does this bother me? _____

4. Why does this bother me? _____

5. Why does this bother me? _____

Root cause (the real reason):

Common triggers: someone dismisses animal suffering, jokes about your cause, calls you "preachy," uses a deflection like "but plants have feelings too," or someone you love refuses to engage at all.