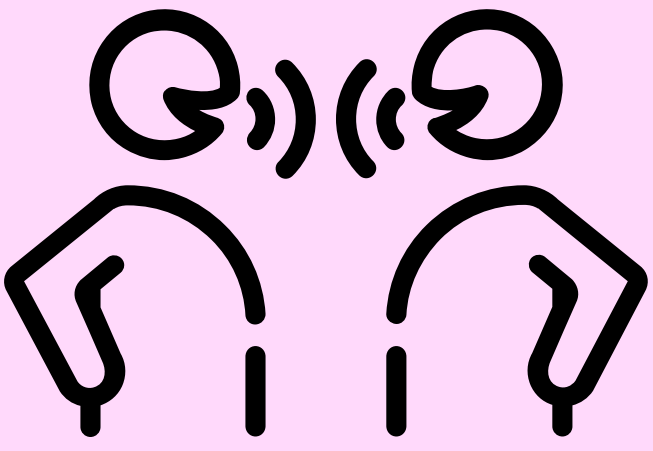
# Understanding TRIGGERS



## Situation

**Anything that happens to you**

## Thoughts

**How you interpret the situation**

## Feelings

**Feelings generated by thoughts**

## Behavior

**Emotions and actions in response to feelings**

PROJECT Reset