



Trigger & Total-Load Mapping Worksheet



Separate the event from interpretation, body/attention changes, accumulated load, and immediate recovery needs.

1 • What Happened?

Describe the event or input as neutrally as you can. _____

2 • What Did I Interpret or Expect?

What meaning, fear, pressure, or assumption showed up? _____

3 • What Changed in My Body or Attention?

Examples may include tension, racing thoughts, fatigue, focus changes, or the urge to withdraw. _____

4 • What Else Was Already on My System?

Consider sleep, workload, conflict, illness, caregiving, noise, decisions, exercise, uncertainty, or other demands. _____

5 • What Would Reduce Load Right Now?

Examples: space, written information, a break, support, quiet, rescheduling, following an existing care plan, or professional help. Follow any clinician-prescribed fluid, activity, or medication restrictions. _____

RTH Takeaway

A single event is only part of the picture. Total load and recovery capacity can change how a moment is experienced.

Educational resource. Use current official guidance for high-stakes medical, legal, school, workplace, housing, or emergency decisions.