



WHAT ARE TRIGGERS?

Wellness Within.uk
Wellness Coach Niki Baggs

I want to introduce you to a tool that can help us understand and work through your feelings and experiences. It's called the TICES framework. TICES stands for Triggers, Images, Cognitions, Emotions, and Sensations. Let's go through each part together.

Triggers

What it means: Triggers are specific things that set off your feelings of distress. These can be events, situations, or even certain sights or sounds that remind you of a difficult experience.

Example: For you, this might be getting into a car, hearing screeching tires, or seeing news reports about car accidents.

Images

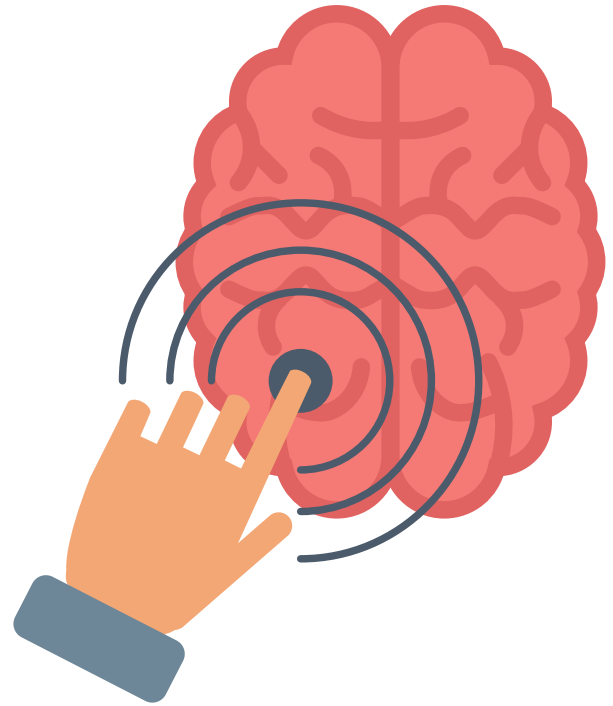
What it means: Images are the pictures or scenes that play in your mind when you think about a distressing event. These can be very vivid and detailed.

Example: You might often see the moment of the car accident in your mind, like a replay of what happened, or visualize the damaged car.

Cognitions

What it means: Cognitions are the thoughts and beliefs you have about yourself and the world related to the distressing event. These thoughts can sometimes be negative or unhelpful.

Example: You might find yourself thinking, "I'm not safe in a car," or "I should have done something differently to avoid the accident."



Emotions

What it means: Emotions are the feelings you experience when you think about the distressing event. These can be feelings like fear, sadness, anger, or guilt.

Example: You might feel intense fear when you think about driving or feel a lot of anxiety just being near a car.

Sensations

What it means: Sensations are the physical feelings in your body that happen when you're reminded of the distressing event. These can include things like a tight chest, sweating, or a racing heart.

Example: When you hear screeching tires, you might feel your heart start to race, or you might feel tense and shaky.

By breaking down your experiences into these five parts, we can better understand what's happening and find ways to help you feel better.

It's like putting together the pieces of a puzzle. Each part—triggers, images, cognitions, emotions, and sensations—gives us a clearer picture of what you're going through and how we can work on it together.