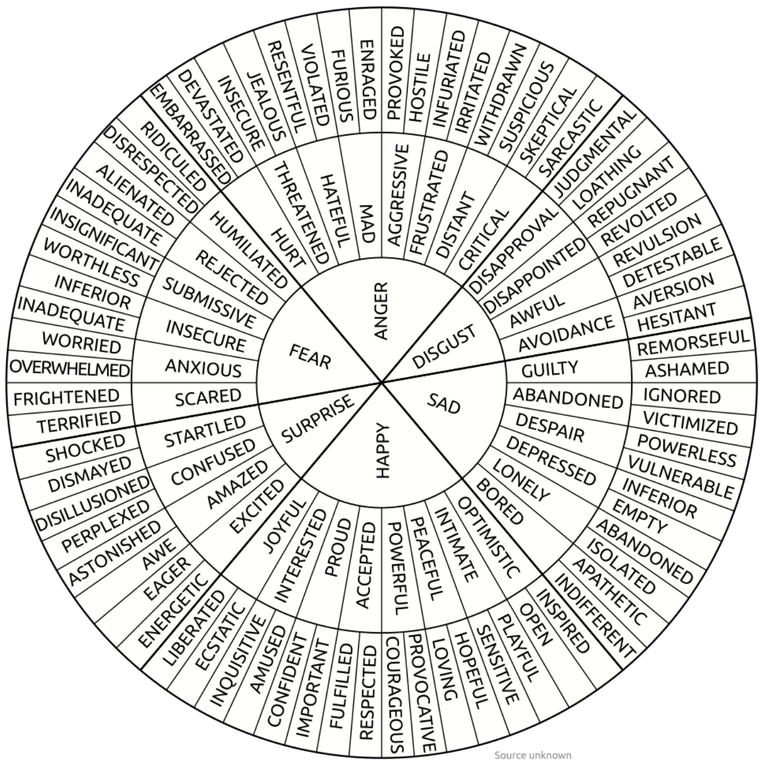

Dr. Gloria Willcox's Feeling Wheel

I feel triggered because:

_____

_____

_____

_____

_____

**"Your pain is valid.
Your feelings are valid.
Your tears are valid.
However, it does not define who you are!
It's just a part of your story!
Breathe..."
-Candace Writes**

"The Lord himself will fight for you. Just stay calm."

Exodus 14:14 NLT

The STEP

IDENTIFYING STRATEGIC TRIGGERS FOR EMOTIONAL PROCESSING

Model

Developed by Candace Writes

"I will not die; instead, I will live to tell what the Lord has done."

Psalm 118:17 NLT

988
1 -800-273-Talk
1-800-662-4357
1-877-653-6363

Therapist:
Sponsor:
Safe Friend:

I plan on taking care of myself by:

_____

_____

_____

_____

_____

**"It is okay to fall apart at the seams right now and feel the pain of what has caused your heart to break."
-Candace Writes**