

Understanding what triggers your uncontrollable crying is a crucial step toward managing it effectively. A trigger is any situation, event, or thought that initiates overwhelming emotions and leads to intense crying. These triggers can be external, such as specific places, people, or events, or internal, like certain thoughts, memories, or physical sensations.

Identifying your triggers involves paying close attention to the situations where you find yourself crying uncontrollably, along with the physical sensations, thoughts, and emotions that occur in these moments. **By becoming aware of your unique triggers, you can anticipate and better prepare for them, reducing their impact on your daily life.** This worksheet will guide you through the process of identifying and understanding your triggers, helping you develop strategies to manage and cope with them effectively.

PART 1: Identify Triggers

Think of a specific scenario that often triggers intense crying for you. Write down the details of that situation, then describe the physical sensations you notice, the thoughts that go through your mind, and the emotions you feel when it happens.

Situation Description

Location

People Involved

Before

After

1 What were you feeling physically?

1 What were you feeling physically?

2 What were you thinking about?

2 What thoughts did you have?

3 How did you feel emotionally?

3 How did you feel emotionally?



Identifying Triggers

Situation Description	Location	People Involved
Before		After
1 What were you feeling physically?	1 What were you feeling physically?	
2 What were you thinking about?	2 What thoughts did you have?	
3 How did you feel emotionally?	3 How did you feel emotionally?	

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3 How did you feel emotionally?	3 How did you feel emotionally?	



PART 2: Identify Patterns & Exploring the Impact

Look for patterns in the situations or thoughts that trigger your crying. Recognizing these patterns will help you anticipate when your crying might arise and prepare yourself to manage it more effectively.

Are there common themes or situations that trigger intense crying spells?

Are there any early warning signs or cues that help you recognize when you're being triggered?

Are there particular physical symptoms that you notice repeatedly?

How do your crying spells affect your behavior or decision-making?



What changes or adjustments could you make in your daily routine to reduce exposure to common triggers?

How can you reframe or challenge negative thoughts associated with your triggers?

PART 3: Develop Coping Strategies

Learn coping strategies that can help you manage strong emotions in challenging situations. To learn more about coping skills you can use, scan the QR code below.

- Take some deep breaths. Try to inhale through your nose for a count of 4, hold your breath for a count of 7, and then exhale slowly through your mouth for a count of 8. Repeat 5 times.
- Ground yourself with the 5-4-3-2-1 method. Identify 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.
- If you know you are going into a triggering environment, ask a supportive friend or family member to come with you.
- Treat yourself with the same kindness and understanding you would offer a friend.

- Keep a journal to document your intense crying episodes. Writing them down can help you analyze and understand their patterns and triggers, making it easier to manage them over time.
- Gradually tense and then relax different muscle groups in your body, from head to toe, to release physical tension and promote relaxation.
- Use positive affirmations to counter overwhelming thoughts and affirm your ability to handle challenges.
- Create a list of your strengths, skills, and past achievements. Review this list whenever overwhelming emotions come up to remind yourself of your abilities and successes.





Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



300+
Companies Reviewed



2,350+
Hours of Firsthand Experience



1,150+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

