

Identifying Your BPD Triggers

Borderline personality disorder (BPD) affects emotional regulation, often causing strong reactions to triggers. A BPD trigger is any situation, event, or thought that initiates worsening symptoms. These triggers can be external, such as specific places or social situations, or internal, such as particular thoughts or memories. While many triggers are unavoidable, focusing on what can be controlled is key to coping.

Identifying your BPD triggers involves paying close attention to the situations that make it more difficult for you to manage your emotions. **By becoming aware of your triggers, you can anticipate and prepare for them, reducing their impact on your life.** This worksheet will guide you through the process of identifying and analyzing your BPD triggers, and help you develop strategies to cope with them.

PART 1: Identify Triggers

List a situation where you commonly lose your ability to manage your emotions and describe the associated physical symptoms, thoughts, and emotions.

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?

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



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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?	

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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PART 2: Identify Patterns

Look for patterns in your BPD triggers.

Are there common themes or situations where you feel triggered?

Are there particular physical symptoms that you notice repeatedly?

Are there specific thoughts or beliefs that frequently occur with your symptoms?

PART 3: Develop Coping Strategies

Identify coping strategies that can help you manage your emotions in these situations.
To learn more about treatment and coping skills you can use, scan the QR code below.

Situation Description

Coping Strategies

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Coping Strategies

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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



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
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.

