

Know Your Triggers

Seeing....

Someone who resembles the perpetrator (clothing, hair, walk)

Decorations associated with special or painful holidays

Similar places to where the abuse occurred

Another person being abused, even on TV

The actual place where abuse happened

An object used for abuse

Their friends/family

Their name

Hearing...

Sounds of pain (crying, screaming)

Anger (raised voices, items breaking, doors slamming)

Sounds reminding you of the abuse (ring tone, sirens, car door closing)

Hurtful words, especially ones used by your abuser

Pet names given by your abuser

Special or hurtful songs

Smells...

Their voice

Resembling the abuser (tobacco, alcohol, cologne)

Reminding you of the abuse (food, wood, alcohol, candles)

Touch...

That resembles or reminds you of the abuse

Taste...

That you experienced before, during or after abuse.