

Goal List *(select one goal from the list below)*

Understanding the Idea of Triggers

- ___ In your own words, write a definition of the following concepts in your journal: trigger, negative state, target organ, target symptom.
- ___ In your own words, write a definition of the three types of triggers in your journal: physical trigger, external trigger, internal trigger.
- ___ Discuss the terms mentioned above with a friend or family member.
- ___ Other: _____

Developing the Tool of Self-Observation

- ___ Practice the self-observation exercise described in Session 4 at home. (Fill in _____ # of times/week).
- ___ Make a digital recording (mp3, mp4, iPhone, iPod, or similar device) of the self-observation exercise to use when practicing.
- ___ Record self-observations in your journal.
- ___ Keep a daily diary (_____ # times/week) that includes events, thoughts, feelings. Note possible triggers.
- ___ Ask your counselor to review your self-observations in your journal and to comment on how they relate to triggers.
- ___ Other: _____

Identifying Your Own Triggers

- ___ As soon as you can remember after your next seizure, ask yourself “What was the trigger?” and write it down.
- ___ The next time you notice yourself in a negative state, ask yourself “What was the trigger?” and write it down.
- ___ Review your journal entries for possible triggers.
- ___ Review your Trigger Chart and add new information from recent observations.
- ___ Show your Trigger Chart to your support person and ask if he or she noticed any additional triggers.
- ___ Ask your seizure counselor to review your Trigger Chart and make comments or additions.
- ___ Other: _____

Addressing Triggers

- Review your Trigger Chart. Place a star beside the triggers that you think might be modifiable.
- Select one physical trigger and make a plan for how you will address it.
- Select one external trigger and make a plan for how you will address it.
- Select one internal trigger and make a plan for how you will address it.
- Get help with a problem trigger (such as alcohol, drugs, serious marital conflict or family problem, strong negative feelings such as depression) if needed. Bring up the problem with your seizure counselor and ask about where to go for help.
- Other: _____

After you have selected **one** of the above goals, write down in your own words specifically what you plan to do to meet this goal during the coming week. The more specific you are, the easier it will be to meet your goal.

My goal for the week ending (give date) ___/___/___ is to:

Sometime during the week that you are planning to meet this goal, write in the following information to show your counselor at your next appointment:

On (give date) ___/___/___, I tried to meet his goal with the following results:

I consider that I did ___, did not ___ meet the goal that I set out for myself this week.