

When small things turn into big fights.

DISCOVER THE HIDDEN EMOTIONAL TRIGGERS
IN YOUR RELATIONSHIP



WORKBOOK

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WITH GOD ALL THINGS ARE POSSIBLE.

Welcome!

If you're here, it's likely because something in your relationship feels confusing, heavy, or stuck.

You may be arguing more.

Shutting down faster.

Or feeling hurt without fully knowing why.

This workbook is designed to help you gently uncover the emotional triggers underneath the conflict — and give you tools to respond with clarity instead of reactivity.

There is no rush.

No fixing required.

Just honest reflection and compassion.

DR Gallardo



ABOUT ME

created this workbook to help you uncover the emotional and spiritual roots of conflict. As a Relationship-Marriage Coach, a woman of faith, and someone who's been married for 27 years, I've seen how unhealed triggers silently shape how we love and react. This guide offers a gentle, faith-centered path toward clarity, safety, and deeper connection—starting with you.

HEALING GOAL

Emotional Healing Goals

Relationship Growth Goals

Spiritual Focus / Faith Goals

WHAT IS A TRIGGER?

A trigger is when something happening now touches a wound from the past. It's not just about the words, the tone, or the situation. It's about what that moment represents.

Triggers are often connected to feelings like:

- rejection
- abandonment
- criticism
- feeling unseen or unimportant

That's why a small moment can feel overwhelming

Recent moments that "hit differently" for me:

TRIGGER REFLECTION

Think about one recent moment when you felt reactive, flooded, or shut down.

What happened?

What did I feel in my body?

(tight chest, racing heart, tears, numbness, urge to defend, etc.)

What old wound or story may have been touched?

TRIGGER RATING EXERCISE

Use the scale below to reflect honestly.

1 = rarely / very mild

10 = constantly / extremely intense

Trigger	How Often (1-10)	How Strongly It Affects Me (1-10)	Total multiple column 1 by 2
Communication Triggers			
Feeling unheard or interrupted			
Being talked over or dismissed			
Feeling like their words are twisted or misunderstood			
Receiving the silent treatment			
Being asked "What's wrong?" when they're clearly upset			

Trigger	How Often (1-10)	How Strongly It Affects Me (1-10)	Total multiple column 1 by 2
	Emotional Wounds		
Feeling emotionally abandoned or unseen			
Having their feelings minimized with phrases like “you’re too sensitive”			
Being compared to someone else (e.g. a parent, ex, or other spouse)			
Feeling like they’re “too much” or “never enough”			
Being ignored during moments of distress			
Being criticized			

Trigger	How Often (1-10)	How Strongly It Affects Me (1-10)	Total multiple column 1 by 2
Conflict Triggers			
Tone of voice that feels condescending or cold			
Quick escalation from calm to criticism			
Walking away in the middle of a disagreement			
Pressure to “just get over it” without being heard			
Avoidance when issues are brought up			
Feeling dismissed or minimized			

Trigger	How Often (1-10)	How Strongly It Affects Me (1-10)	Total multiple column 1 by 2
	Perceived Abandonment Triggers		
Being emotionally shut out during or after conflict			
Partner physically leaving the room without resolution			
Feeling disconnected or like their presence doesn't matter			
Being left to "self-soothe" in the middle of pain			
Partner disengaging or going silent for long periods			
Feeling like the only one doing emotional work			

Trigger	How Often (1-10)	How Strongly It Affects Me (1-10)	Total multiple column 1 by 2
Perceived Rejection Triggers			
Not being followed up with after opening up			
Having their feelings brushed off or invalidated			
Criticism disguised as "help" or "honesty"			
Hearing "you're overreacting" or "too sensitive"			
Requests for connection being unmet or ignored			
Being compared to someone "easier" or "less emotional"			

Trigger	How Often (1-10)	How Strongly It Affects Me (1-10)	Total multiple column 1 by 2
	Internal Struggles		
Feeling shame for overreacting or shutting down			
Being labeled dramatic, needy, or emotional			
Feeling like a burden when expressing needs			
Struggling with guilt for wanting emotional closeness			
Questioning their own memory of events after an argument			

Trigger	How Often (1-10)	How Strongly It Affects Me (1-10)	Total multiple column 1 by 2
Faith-Related Triggers			
Feeling spiritually judged or invalidated			
Pressure to "submit" without mutual care			
Using Scripture as a weapon during conflict			
Feeling alone in their spiritual journey or growth			
Guilt for struggling in marriage despite being prayerful			
High scores work on these first			

THE RESET FRAMEWORK

When you're triggered, your nervous system is in survival mode, not problem-solving mode.

RESET helps you slow down and create safety first.

R — Recognize

Something just got stirred. I am flooded right now.

E — Exit the Spin

Pause. Step away if needed. Breathe. Ground your body.

S — Say What You Need

Gently name it — or write it down.

E — Explore Later

This is not the moment to figure everything out.

T — Tend to Yourself

Offer comfort, reassurance, and care.

USING RESET IN REAL LIFE

Trigger situation:

R — What did I recognize in myself?

E — How did I exit the spin?

S — What did I say or need to say?

E — What will I explore later (not now)?

T — How did I tend to myself?

FAITH & SAFETY ANCHOR

When you're triggered, it can feel like you're powerless again.
But you are not a child anymore.
You are not unsafe right now.

write your own Scripture, prayer, or truth that grounds you:

On your own words: How this truth helps me feel safe and steady:

REFLECTIVE JOURNALING PROMPTS

1). What emotion came up strongest for me today, and what might it be trying to show me?

2) What did I need in that difficult moment — and did I express it or hide it?

REFLECTIVE QUESTIONS

3) Where in my body did I feel the trigger, and what past experience could be connected to it?

4) What truth or Scripture can I anchor myself to when I feel emotionally flooded?

5) How can I offer compassion to myself the way I would to someone I love?

THANK YOU FOR TAKING THIS STEP

You've done sacred work by slowing down and facing what's beneath the surface.

Healing doesn't come all at once – it comes as we learn to feel safe again in our own hearts.

Keep going gently. You're not alone, and you're not behind.



Ready for the Next Step?

Book a Clarity Call



Let's Stay Connected

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