



Circle of Life

an activity to identify and plan for future triggers

Use the circle below with the month's of the year to identify the times throughout the year the trigger's may arise. Cut out the circles and paste them to the time of year that trigger may be true for the client. There are extra circles for "life events" that also may be triggers that could be more specific for the client.

activity adapted from MUSC Circle of Life activity in the TF-CBT CTG online training

December

January

February

March

April

May

June

July

August

September

October

November

