



## Fertility Anxiety Trigger Tracker

A reflection worksheet to recognize patterns and support emotional regulation

Trigger	What Happened?	Emotional Reaction	Physical Sensations	Thoughts That Came Up	Coping Strategy Used	What Didn't Work
<i>Instagram pregnancy post</i>	<i>Friend posted her "we're expecting!" photo</i>	<i>Sadness, Jealousy, Grief, Anger</i>	<i>Tightness in chest, shallow breathing</i>	<i>"Why isn't it happening to me too? I'm so behind in life."</i>	<i>Stepped away from phone, did 5-4-3-2-1 grounding, wrote in journal</i>	<i>Tried to ignore it at first, which made the reaction stronger later</i>