

## Track Your Pre-Crisis Patterns

“A crisis occurs ‘when a person faces an obstacle to important life goals that is, for a time, insurmountable through the utilization of his customary methods of problem solving’ (Caplan, 1961).” – [Catholic Charities LA](#)

One of the basic tenets of crisis intervention is identifying personal triggers that lead to crisis. This lets you learn where to focus your crisis-prevention efforts.

TRIGGER ↓	CRISIS						
	Suicidal ideation Date: Date: Date:	Panic attack Date: Date: Date:	Burnout Date: Date: Date:	Pain crisis Date: Date: Date:	Freeze mode Date: Date: Date:	Feel like running away Date: Date: Date:	Big fight with loved one Date: Date: Date:
Didn't eat enough							
Work stress							
Lonely or isolated							
Health concerns							
Due date approaching							
Bills/financial concerns							
Less than 8 hrs sleep							
Social stress							
Messy living space							
Missed medications							
Boredom							
Low self esteem							

Remember: **every** crisis has a resolution. This too shall pass.