



Trigger Awareness Journaling

Identify which content affects you and why, creating awareness that enables better choices

When to use this: Answer these questions whenever you notice strong emotional reactions online. This practice helps you understand patterns in how AI-driven platforms affect you specifically.

1. What did I just see/read/watch?

Describe briefly without re-engaging

2. How do I feel right now?

Name specific emotions: anxious, angry, sad, inadequate, etc.

3. Is this a familiar pattern?

Does this content type consistently affect me this way?

4. What need was I trying to meet?

Connection? Information? Distraction? Entertainment?

5. Did this content actually meet that need, or did it exploit it?

6. What would genuinely help me feel better right now?

Often something offline: talking to someone, going outside, creating something

Over time, this journaling reveals patterns in how AI-driven platforms affect you specifically. You'll start recognising triggers before they fully activate, giving you choice about engagement.

More resources from Digital Safety Squad™:

- [How to Create Healthy Family Technology Rules](#)
- [How to Talk to Your Kids About Online Safety](#)
- [Best Parental Control Apps in 2025](#)
- [Digital Safety Squad | Family Safety Hub](#)

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