

## The STARR Model Worksheet

**Stimulus** (what happened? What did you hear, see, feel, etc. that had you react?):

**Trigger** (What did you feel emotionally? E.g. anger, frustration, sadness, etc. Also, what mental story was going on inside your head?):

**Action** (What did you do as a result of your trigger? E.g. withdraw, blame, attack, tune-out, etc.):

**Result** (What result did you get? What was the outcome? How did you feel about the whole situation?):

**Repeatable Pattern** (Can you see this as a pattern with a person or with other people as well? Do you want the result to be different?):