

Understanding Our Triggers - Worksheet

What is an emotional trigger?

Emotional triggers are memories, experiences, or events — that spark an intense emotional reaction, regardless of our current mood.

When we know what our emotional triggers are (and how to deal with them) we create good emotional health. Here's the thing to remember: everyone has emotional triggers, and these will look different from person to person. Some triggers can be reminders of unwanted memories, uncomfortable topics, another person's words or actions, even your own behaviors.

Here are a few common situations that can trigger intense emotions:

- rejection
 - betrayal
 - unjust treatment
 - challenged beliefs
 - helplessness or loss of control
 - being excluded or ignored
 - disapproval or criticism
 - feeling unwanted or unneeded
 - feeling smothered or too needed
 - insecurity
 - loss of independence
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On the attached worksheet, you will identify three triggers and then reflect on the following questions for each trigger:

- Why does this trigger you?
- What is your reaction to your trigger?
- What do you need to remind yourself to stay in control when confronted by your trigger?

Using these self-reflection questions, you can begin to build self-awareness. You will also begin to strengthen your defense system against harmful thoughts, feelings and behaviors.

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Take a moment to identify three triggers and then reflect on and answer the following questions for each trigger:

Trigger 1:

Why does this trigger you?

What is your reaction to your trigger?

What do you need to remind yourself to stay in control when confronted by your triggers?

Trigger 2:

Why does this trigger you?

What is your reaction to your trigger?

What do you need to remind yourself to stay in control when confronted by your triggers?

Trigger 3:

Why does this trigger you?

What is your reaction to your trigger?

What do you need to remind yourself to stay in control when confronted by your triggers?