



IDENTIFY YOUR EMOTIONAL TRIGGERS

Explore and identify the triggers
that activate you





LIST OF EMOTIONAL TRIGGERS

It only takes a situation, an interaction, a person's energy, a word, a tone of voice, a stance, or how a person looks and you can have emotions triggered in you.

Triggers are external happenings that occur, that have meaning to you emotionally. The external happening connects to, activates, and surfaces emotions within you in the form of an internal reaction. What can also surface with the emotions you feel, are thoughts, energy, and physiological and physical processing.

The following list of emotional triggers is examples of external happenings that trigger emotions.

The list is intended to support you to expand your awareness of the different types of triggers. As well as to prompt your processing, so that you become conscious of the types of triggers that you experience.

Being aware of the different types of triggers will assist you to identify and recognize when you experience a trigger, more easily and effectively. This awareness will support you to be more proactive in being able to manage how you work with the processing that the trigger surfaces within you.

EXPLORATION ACTIVITY - EXPLORE YOUR EMOTIONAL TRIGGERS

1. Page 4 to 8 - Read through the types of triggers and identify the ones you experience by indicating this in the box next to the trigger (a key question to ask yourself is - "what happens externally that leaves me feeling emotional?")
2. Page 9 to 11 - The triggers you identify you are impacted by, identify under that type, what the specific trigger is that you experience
3. Then identify why the trigger is impacting you and your emotions.

LIST OF EMOTIONAL TRIGGERS

The triggers of your emotions that you will explore are:

ANOTHER PERSON

What they do or do not do, what they say or do not say, how they approach things and why that surfaces emotions within you.

NOTE: You do not have to know the person, to be triggered by them.

Consider:

- Consider the people you experience being triggered by and what it is about them that triggers you
- Consider whether you are triggered when you interact with them, when they are interacting with others, and when you are not interacting with them but are around them
- Consider their habits, mannerisms, and every aspect of them

THE ENVIRONMENT AND SITUATION

Where you are, what it is like, who is there, the time you are there and why you are there.

Consider:

- Personal and professional environments and situations that trigger emotions for you and what it is about the environment and situation.

OTHER TRIGGERS

Other aspects of life that you are exposed to and experience, that trigger and surface emotions in you.

Consider:

- Any other trigger you have experienced that does not fit under the first two types of triggers.

LIST OF EMOTIONAL TRIGGERS

A PERSON'S:

- Behavior
- What they say and how they speak
- The way their hair is
- The look in their eyes
- The clothes they wear
- Their energy
- The way they sit
- The way they stand
- Their values and beliefs
- The speed of their processing
- The depth they go to in their processing
- Their integrity
- Their intentions

- Their levels of self-responsibility
- Fulfillment of responsibilities
- Their level of understanding
- Their level of awareness
- Their emotional state
- Their emotional expression
- Their ability to communicate
- Their level of commitment
- Their level of resilience
- Their strength
- Their receptivity and openness
- Their consideration of others
- Their culture
- Their religion

LIST OF EMOTIONAL TRIGGERS

A PERSON:

THEIR BEHAVIOR

- What is done
- What is not done
- What they do with their hands
- Their approach
- Their speed of movement
- Their slowness of movement
- How touchy they are
- How physical they are

WHAT THEY SAY

- The statements they make
- The words they use
- The tone of their voice
- The pitch of their voice
- Their speed of speech
- Their accent
- Their responses

THEIR APPROACH

- Judgments they make
- Expectations they have
- Blaming they do
- Excuses they make
- Denial they are in
- Justifications they make
- Not taking responsibility for themselves or their contribution

LIST OF EMOTIONAL TRIGGERS

A PERSON:

THEIR APPROACH

- Not showing their emotions
- Not owning their emotions
- Their reactions
- The persona they put up
- Shutting down
- Distancing
- Controlling
- Nagging

THEIR APPROACH

- Repeating themselves
- The questions they ask
- Withholding
- Not answering
- Their listening ability
- Not following up
- Their habits - nail-biting, clicking etc

THEIR APPROACH (add any additional ones you are aware of)

LIST OF EMOTIONAL TRIGGERS

THE ENVIRONMENT AND SITUATION:

THE ENVIRONMENT/SITUATION

- The location
- The setting
- The temperature
- The lighting
- The space
- The airflow
- The layout
- The energy of the space

THE ENVIRONMENT/SITUATION

- Time of day
- Accessibility to the environment
- Noise
- Quiet
- Amenities
- Comfort
- Your familiarity with the situation
- Who is there
- Who is not there

THE ENVIRONMENT/SITUATION

- Nature of the relationships
- The number of people involved
- The formality of the situation
- The purpose for you being there
- Activities involved
- Length of time in the situation and environment

LIST OF EMOTIONAL TRIGGERS

OTHER TRIGGERS:

OTHER TRIGGERS

- An animal
- A song
- A movie
- A book
- A picture
- Tone of an email
- A sound
- A gift

OTHER TRIGGERS

- Time of year
- Anniversary
- A smell
- A touch
- A taste
- A particular food
- A particular drink
- An object
- A color

OTHER TRIGGERS(add any additional ones you are aware of)

EMOTIONAL TRIGGERS

The first step in working with emotional triggers is to identify what they are and why you react to them.

The triggers you identified in the above list that surface emotions in you, identify what the specific trigger is and why it is a trigger of your emotions

THE TYPE OF TRIGGER	THE SPECIFIC TRIGGER	WHY IT IS A TRIGGER

EMOTIONAL TRIGGERS

Hi there I am Melinda

I wanted to acknowledge you for wanting to explore emotional triggers because emotions can be painful, scary, and overwhelming to work with.

I know from personal experience, managing emotional triggers and the emotional reactions that come with the trigger takes a lot of awareness, self-responsibility, strength, determination and unravelling.

One of the fundamental steps to healing and releasing the hold triggers have had over you and your emotions, is becoming aware of them, and understanding why they trigger you and you have taken this step.

Please take a moment to acknowledge yourself for having done so.

Melinda



Email me your questions

melinda@globallymad.com

