

Name: _____

YOUR TRIGGERS

What types of situations or comments tend to set you off? What are some things that activate your reptilian brain and flood you with hard-to-manage feelings?

PART ONE: Describe two or three of your emotional triggers here.

Trigger 1:

Trigger 2:

Trigger 3:

PART TWO: Share your triggers with a partner and answer the questions below.

How are you alike in what your triggers are?

How are you different?

PART THREE: Discuss with a partner: Why is it helpful to be aware of your own triggers?

Name: _____

YOUR CUES

What are the signs and symptoms that you generally experience when your emotions are triggered? What happens to your body? What happens to your thought processes?

PART ONE: Describe two or three of your cues here.

Cue 1:

Cue 2:

Cue 3:

PART TWO: Share your cues with a partner and answer the questions below.

How are your cues alike?

How are your cues different?

PART THREE: Discuss with a partner: Why is it helpful to be aware of your cues?
