



Activity 1: Identify My Emotional Triggers

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Observe: Complete the table below with up to 10 Emotional Triggers you identified from the card activity.

Discovery Cards Summary		
Emotional Triggers: Statements from card fronts	Emotional Trigger Type: from colored card backs	Emotions & feelings activated by this trigger:
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Questions to Explore

Evaluate:

1. As you think about what you've learned and your results, which Emotional Trigger Types do you think are most challenging for you?

- People
- Places
- Things
- Situations – Activities and Events

2. Which specific trigger do you think will be most helpful for you to avoid or limit your exposure to? Explain:

Evaluate (continued):

3. Which Emotions get activated when you think about or are near this trigger?

- Anger
- Fear
- Pain
- Shame
- Guilt
- Joy
- Strength
- Love

4. What will be the benefit for you and others if you avoid this trigger more frequently?

Respond:

5. What is one action you can take to help you avoid this trigger in the future?

6. Who can you ask for help and support?