



Activity 3: Build My Emotional Trigger Action Plan

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Observe: List one of your top emotional triggers below

Emotional Trigger: statements from the card front	Emotional Trigger Type: from colored card back
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Read the emotional trigger and corresponding Emotional Trigger Definition Card and complete the table below:

Evaluate: What I Do Now		Respond: My New Plan
1	Description — I know I am emotionally activated by this trigger when:	Healthy Activities — The activities I will use to manage these emotional triggers and emotions that result are:
2	Thoughts — When I experience this emotional trigger I tend to think...	Managing Thoughts — A new way of thinking to help me manage this emotional trigger is...
3	Feelings — When I experience this emotional trigger I tend to feel...	Managing Feelings — A new way of managing my feelings is...
4	Urges — When I experience this emotional trigger I have an urge to...	Managing Urges — A new way of managing my urges is...
5	Actions — When I experience this emotional trigger I actually do this...	Managing Actions — A new way of managing my actions is...
6	Reactions — I tend to invite others to become part of my problem by...	Managing Reactions — A new way of inviting people to help me is...