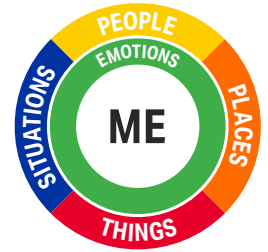




Scan to download
Editable PDF



Activity 4: Explore the Emotional Triggers Model

Visit R1LEARNING.COM to download printable Activity Worksheets.

As you think about your understanding of the Emotional Triggers Model, answer the questions to the right.

Emotional Triggers
What do I need to look out for?

© 2023 R1 Publishing LLC / All rights reserved

Emotional Triggers
What do I need to look out for?

PEOPLE
Who affect me

PLACES
Where I go

THINGS
What I'm near

SITUATIONS
What I do

EMOTIONS
How I feel

Questions to Explore

1. How does it help you to know that there is a model describing emotional triggers and how they activate emotions and move individuals to behavior?
2. What resonates most for you about the Emotional Triggers Model given your experience?
3. How does the Emotional Triggers Model help you to plan for and avoid unhealthy situations?