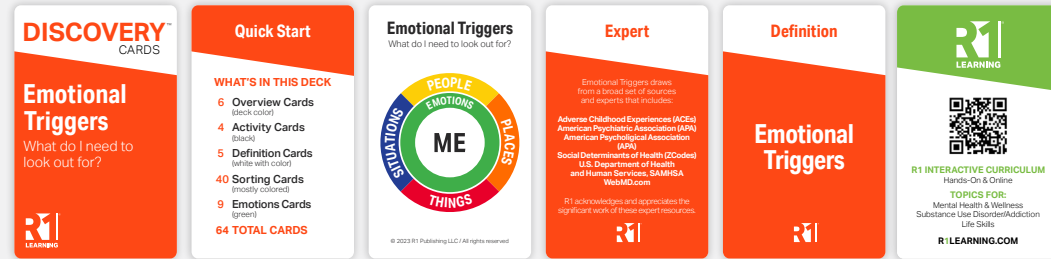


# Emotional Triggers

What's in the Deck

## Discovery Cards Content Map

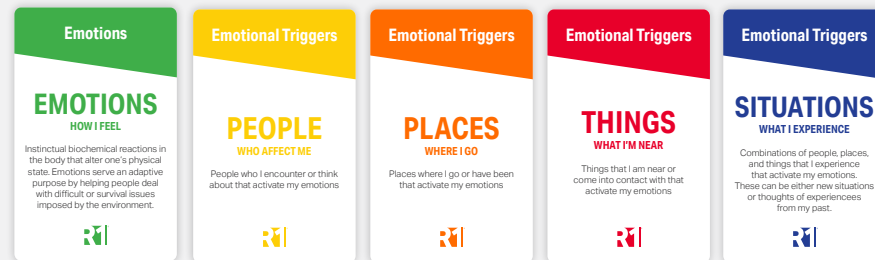
### Overview Cards



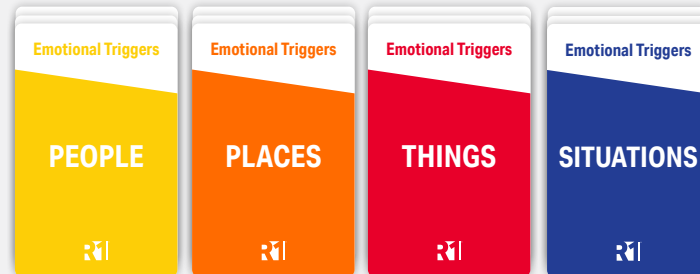
### Activity Cards



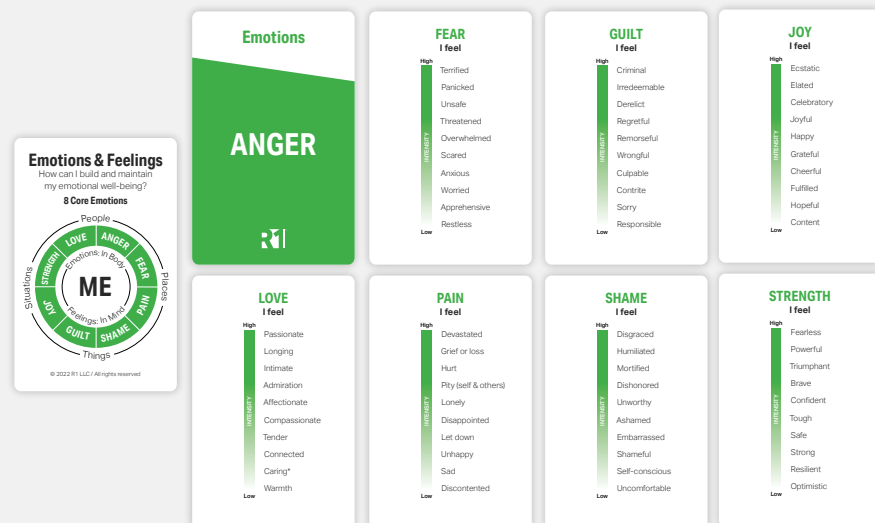
### Definition Cards



### Sorting Cards



### Emotions Cards



# What's in the Deck

6 Overview Cards

- Main Color: Box Color
- 1 Topic Description Card
- 1 Quick Start Card
- 1 Model Card
- 1 Expert Card
- 1 Topic Definition Card
- 1 R1 Card

3 Activity Cards

- Main Color: Black
- 1 Activity 1: Identify My Emotional Triggers
- 1 Activity 2: Identify My Emotional Triggers in Stressful Situations
- 1 Activity 3: Identify My Patterns of Behavior
- 1 ME Action Card: individuals write in primary learning and action

6 Definition Cards

- Main Color: White with Color
- 1 People (Yellow)
- 1 Places (Orange)
- 1 Things (Red)
- 1 Situations: Events (Blue)
- 1 Emotions (Green)

40 Sorting Cards

- Main Color: Mostly Color
- 10 People (Yellow)
- 10 Places (Orange)
- 10 Things (Red)
- 10 Situations: Events (Blue)

9 Emotions Cards

- Main Color: Green
- 1 Model Card
- 1 Anger
- 1 Fear
- 1 Guilt
- 1 Joy
- 1 Love
- 1 Pain
- 1 Shame
- 1 Strength

64 TOTAL CARDS