

Understanding Your Emotional Triggers

The more you understand about your psychological makeup, the easier it will be to develop lifetime solutions to your problems. This worksheet is designed to help you understand the triggers that contribute to your upsetting emotions.

We all have unique triggers that set off certain emotions and your emotions can then affect your thoughts and behaviors. Your triggers could be any one of your senses; sight, sound, smell, touch, or taste. A trigger could also be just a thought. For example, just thinking about going to a party where you don't know anyone could trigger anxiety or even depression. A trigger could also be a reaction to the way someone treats you, even a stranger. Imagine if you were in line at the drugstore and the person in front of you suddenly turned around and glared at you. You might get angry, anxious, even fearful.

Using the worksheet on the next page, pay attention to when you feel upset and record what you think might have triggered that feeling. Write down your predominant emotions (you may have several different feelings) and rate the intensity of the emotions from 1=mildly upsetting to 10=extremely upsetting. Then write down what you did next.

Record your emotional triggers for at least one week.

