Amy Jacobson
Finding your 'Y'

www.findingyoury.com.au
admin@findingyoury.com.au
0447 340 263

# Emotional Triggers

Steps:

1. Identify as many triggers as possible to high intensity emotions over at least a 2-week period.
2. If you are not happy with the current response, decide how you will respond instead.
3. Become self-aware of your emotional response and the triggers when they occur.
4. Practise and review your ability to reframe your new response until it becomes rewired and you are ready before the trigger even occurs.

| **Trigger** | **Emotional Response** | **Am I happy with this response?** | **If no, how do I want to respond instead?** | **Triggers for new response?** |
|---|---|---|---|---|
| *Eg. People telling me what to do or talking down to me.* | *Anger.* | *No.* | *Calm and in control of my response.* | *Pausing, taking time to breath, removing myself from the situation and taking time to process.* |
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