

Emotional Triggers

What Are They?

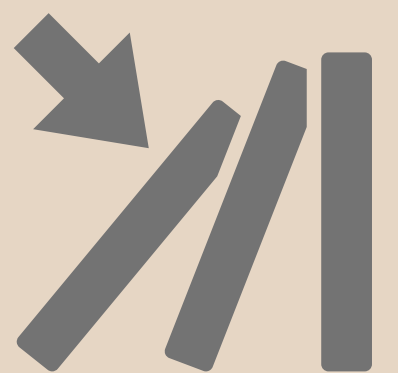


Everyone has emotional triggers, though these look a little different from person to person. Triggers can include unwanted memories, uncomfortable topics, another person's actions or choice of words, and even your own behaviours.

Being rejected
Challenged beliefs
Disapproval
Criticism/negative feedback

Dishonesty
Family or friendship friction
Feeling controlled
Helplessness

Examples



Recognising Your Triggers

Recognising what triggers you in order to adequately deal with those feelings is important to maintain good emotional health. Usually this involves a few steps:

1 Notice your bodily reactions, feelings and thoughts

2 Identify and label them

3 Identify what triggered you

Emotional Triggers

Practice

It is important to first recognise your emotional triggers. When faced with a situation that upsets you (such as receiving negative feedback), what do you feel? What does your body feel like? You can use the boxes below to aid you in identifying your emotions and bodily sensations.

Emotions

I feel...

Anxious

Angry

Upset

Sad

Guilty

Frustrated

Ashamed

Bitter

Hopeless

Sceptical

Discouraged

Depressed



Bodily Sensations

My body...

Pounding heart

Upset stomach

Dizziness

Sweating

Trembling

Numbness

Tight Jaw

Headache

Hot flushes

Chills

Chest Pain



Once you have done that, can you also identify what caused these feelings? Was it something specific that was said to you? Was it a sound, smell or the tone of voice? Or maybe it was the lack of a behaviour by someone?