

What are Emotional Triggers?

- An emotional trigger is something that gets you upset very quickly.
 - It can be a rude name, a look on someone's face, a sarcastic remark, or anything else to which you react emotionally with hurt feelings
 - Sometimes you may not even realize that your feelings have been hurt until you reflect back on it.
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- You are going to take a quiz to determine your emotional triggers.

I will read the questions to
you, you write down what fits

- you the best
- 1 = if the situation does not upset you at all
 - 2 = if the situation bothers you a little
 - 3 = if you get mad when this situation happens.
 - 4 = if you get furious when this situation happens.
 - 5 = if you lose control when this situation happens.

How did you do?

- A high score, above 50, should make you think about a plan for how to deal with your emotions during these times.
- A score 14-30, you probably react well to many situations, but it is likely that some of your emotional triggers may not have been listed above.