

Emotional Triggers Worksheet

Sometimes our first reaction is our nervous system trying to protect us. This reflection is not about judging your emotions or forcing yourself to think differently. It is about creating space to understand your patterns and intentionally choose your next step.

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1. What just happened?

2. Your first urge was...

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|--|---|--|
| ☐ Defend myself | ☐ Shut down | ☐ Fix it immediately |
| ☐ Explain | ☐ Please someone | ☐ Reach out for reassurance |
| ☐ Withdraw | ☐ Get angry | ☐ Other: _____ |

3. What is your body telling you?

Felt Sense: _____

Protective Nervous System State: ☐ Mobilization ☐ Engagement ☐ Immobilization

4. What is your mind telling you?

5. How do you *want* to respond?

6. One small choice you can make right now:

- | | |
|---|--|
| ☐ Take one slow breath | ☐ Wait five minutes before responding |
| ☐ Feel my feet on the floor | ☐ Ask a clarifying question |
| ☐ Relax my jaw or shoulders | ☐ Step away briefly |
| ☐ Text or call a safe person | ☐ Other: _____ |