### Identifying Triggers

**Resources for Discover Yourself: A Personal Development Workbook**

Now that you have reflected on past experiences and your beliefs, identify your triggers on the next page. Triggers are a reminder of past anxieties or traumas or they may be brought on by something that is inconsistent with your values (you will identify your values in step 3). To identify your triggers

* Think of a situation where you were “set off” inappropriately.
* Visualize the situation. What happened right before you got upset? How did you feel? That event or feeling was your trigger.
* Finally, create potential solutions that would help you manage your triggers

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| **Reflection** | **Feeling** | **Outcome** | | **Story** | | **Potential Solutions** | |
| Reflect. Determine what caused your trigger | How did you feel?  Where did you feel the emotion in your body? | Notice what you said to yourself and others  Were there key phrases? | | What’s your story? Why did this cause an emotional/physical reaction? | | Before my trigger occurs in the future, I will…   * Create a strategy to help eliminate or limit the trigger. * Determine what you can do differently? Is there a new direction to take? | |
| **Example** |  |  | |  | |  | |
| * Getting negative feedback from a manager/mentor | **Underlying beliefs –** defective/not good enough  **Emotions** – Anger, disappointment, see chart  **Physical Body** – **(**racing heartbeat, shortness of breath, feeling hot, or losing your train of thought or words) | Oversharing, freezing, becoming argumentative, gossiping, blaming | | * I don’t feel I am good enough. When my mentor/ manager looks at me in a disapproving way, I remember that this is the way my mother looked at me often. Nothing I did was good enough | | Before this trigger occurs again, I will…   * Work on my self-confidence * When I feel angry I will, take deep breaths and focus on solutions and not gossiping – I will seek advice from someone I trust * Say affirmations regularly such as I am capable and qualified for this role | |
| **Reflection** | **Feeling** | | **Energy Leak** | | **Story** | | **Potential Solutions** |
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