Reflection Guide: Emotional Triggers

This reflection guide helps you become more aware of your emotional triggers. Set aside some time each day to reflect on your experiences. Identify situations that triggered strong emotional reactions and fill in the rows accordingly. Over time, this regular practice will help you recognize patterns in your reactions, thoughts, and underlying beliefs, needs, and/or values.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Situation | Behaviour | Emotion Felt | Physical Sensation | Automatic Thought | Underlying Beliefs/Values/Needs |
| What was the unpleasant experience? | What did you do? | What moods or feelings were triggered (e.g. anger, fear, shame)? | What did you notice in your body (e.g. tight chest, tense jaw)? | What thoughts came up at that moment? | What beliefs, values, or needs were not honored or felt in conflict? |
| *Example:*  *My family criticized me for not spending enough time with them* | *Example:*  *I raised my voice, listed all the sacrifices I’ve made, and walked away* | *Example:*  *Anger, resentment, sadness, emotional exhaustion* | *Example:*  *Tight chest, rapid heartbeat, dry mouth, hot face* | *Example:*  *“I’m doing everything I can—how can they not see it?”* | *Example:*  *Belief: Sacrifice should be recognized*  *Value: Fairness*  *Need: Understanding* |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |