

Trigger Identification

We can experience triggers in any facet of our life – and since no man is an island – what happens in one area of our life impacts all of the areas of our life, including our work.



This list of prompts is meant to help you identify the things that trigger you – use only the ones that feel relevant to you.

- I feel powerless when ...
- Control is an issue for me when ...
- I wish people were more committed to ...
- I worry I'll stop caring about ...
- I feel devalued when ...
- I wish someone would recognize ...
- I feel really alone when ...
- I get angry suddenly when ...
- It feels unfair that/when ...
- I don't deserve to have to deal with ...
- I get drawn into power struggles over ...
- I find it hard to breathe when ...
- I'd give my right hand to not have to deal with....
- I overreact when ...
- My buttons are pushed when ...
- I get knots in my stomach when ...
- I suddenly shut down when ...
- I can't help but think this is happening *again?! when ...*
- I feel really anxious when ...
- It shakes my confidence in myself when ...
- I feel really ineffective when ...
- I feel incredibly nervous when ...