

Identifying the Trigger Worksheet:

Whenever you feel a strong emotion try filling out this form, or complete the questions in a journal. After filling this worksheet out a few times you will begin to have an understanding of what causes our emotions and how to effectively cope with them.

First take a look at all the emotions listed. There's a wide variety and may be more than the usual happy, mad, sad that a large majority of us are use to. For the purpose of this exercise we will focus on one emotion at a time. If you are experiencing multiple emotions feel free to do this exercise as many times as you'd like.

HOW DO I FEEL RIGHT NOW?						
 Aggressive	 Angry	 Anxious	 Ashamed	 Bashful	 Bored	 Cautious
 Confident	 Confused	 Curious	 Depressed	 Determined	 Disappointed	 Disbelieving
 Disgusted	 Ecstatic	 Embarrassed	 Enraged	 Envious	 Exasperated	 Exhausted
 Frightened	 Frustrated	 Grieved	 Guilty	 Happy	 Hopeful	 Hurt
 Indifferent	 Interested	 Jealous	 Joyful	 Lonely	 Love	 Loving
 Miserable	 Optimistic	 Overwhelmed	 Pained	 Puzzled	 Regretful	 Relieved
 Sad	 Satisfied	 Shocked	 Shy	 Smug	 Sorry	 Stubborn
 Stupid	 Surprised	 Suspicious	 Thoughtful	 Withdrawn		

Identifying the Trigger Worksheet Page 2:

1) What emotion am I feeling?

2) What caused me to feel this way? (Be Specific):

3) Can I solve this problem? If Yes: How | If No: What can I do to cope?

We suggest doing this exercise for a week straight to as well any other time you feel your emotions may be overwhelming.