**Identifying Triggers**

**What is a Trigger?**

A trigger is anything you experience (through the eyes or ears) that results in a strong emotion (e.g. anger, anxiety, joy, etc.).

The emotion can overpower and overwhelm rationality (impair the prefrontal cortex). When one’s thinking power is disrupted there can be deficits in problem solving due to functioning with less capacity/brain power. It is like losing 10 to 15 IQ points temporarily. You may later experience regret or even say “what was I thinking?” as a result of the emotional reaction.

### Examples of Triggers

* People interrupting you
* Someone not honoring your values
* Someone who talks too much
* Someone becoming irritated with you
* Arrogance
* Lateness
* Clutter
* Noise
* Disrespect
* Incompetence
* Other? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**What are YOUR Top 1-2 Triggers?**

**Which Trigger (for you) results in the most intense emotional response?**

**Which Trigger(s) occur most frequently at work?**

**If you were able to respond/react more rationally (with less emotion), how would that improve the situation (for you, for others, etc.)?**

**What could you do (next step) to better manage your Trigger response(s) at work?**