

## Emotional awareness exercises

### Exercise 3: The Trigger and Response Exercise

The purpose of this exercise is to bring awareness to your emotional triggers and how they present themselves. By recognising, without judgement how you usually react you can then seek to change your response.

Below are a few examples:

#### Example 1

Trigger	Current reaction	New response
When I feel that my spouse dismisses my comments or feelings about something.	I get angry and shout at him.	I'll tell him my feelings were hurt.

#### Example 2

Trigger	Current reaction	New response
When I feel unheard in a group of negative talk.	I withdraw and say nothing.	I'll take a breath and chose to share my opinion.

#### Example 3

Trigger	Current reaction	New response
When I get overwhelmed and stressed	I get defensive and push others away.	I'll ask for help.



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In the Trigger column, write each one of your triggers. You can think of these as things that “push your buttons.”

In the Current reaction column, list how you normally react when this button is pushed.

In the New response column, write what you could do as a conscious response instead of your normal knee-jerk reaction.

You might want to work with this over a few weeks to give some space to the triggers that come up and time for reflection. Try not to beat yourself up being triggered is part of being human and by shining a light on this stuff we give ourselves the power to change it.

Trigger	Current reaction	New response

