



TRIGGER LIST

TRIGGERS
Behavior examples:

- Rolling eyes
- Walking away
- staring
- Finger pointing
- no eye contact
- yelling
- smirking
- Silent treatment

TRIGGERS
Feeling examples:

- Discounted
- Ignored
- Challenged
- Blamed
- Pulled into conflict
- Left Out
- Accused

“Who Me? I don’t have any triggers!”

Create a list of triggers that you’ve seen others react to. Then, check any that you realize you also have.

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