

Emotional Triggers Checklist

When teenagers were asked to identify things that made them mad, they listed things at school, home, in their relationships, and in themselves. They also mentioned specific feelings that may lead to more intense emotions. Are any of these your triggers too?



School

- _____ Other kids fooling around in class so we can't learn
- _____ School work doesn't seem to relate to my future goals
- _____ The physical condition of my school
- _____ Getting detention or a negative consequence
- _____ Feeling misunderstood by my teacher
- _____ Getting publicly called out
- _____ Too much homework
- _____ Being treated unfairly or accused of something that I did not do

Family

- _____ My brother/sister
- _____ Fighting, separation, or divorce of parents/guardians
- _____ Chronic illness or death of a loved one
- _____ Too many responsibilities at home
- _____ Parents working all the time
- _____ Parents treating me like a little kid
- _____ Parents not understanding my perspective

Friends

- _____ Having fights with friends
- _____ Friends pressuring me to do things I don't want to do
- _____ Friends not being nice to me
- _____ Friends not including me in their plans
- _____ People talking about me behind my back

Me

- _____ Changes in my body
- _____ Not getting a chance to voice my opinion to parents or teachers
- _____ Taking on too many activities; feeling overwhelmed
- _____ Feeling lonely

Experiences

- _____ Feeling unheard
- _____ Feeling embarrassed
- _____ Feeling judged
- _____ Feeling blamed
- _____ Feeling disrespected
- _____ Feeling ignored
- _____ Feeling disconnected
- _____ Feeling manipulated

What are some of your other triggers?

Remaining Calm



What does it look like and sound like to remain calm under pressure?

Looks Like	Sounds Like

Self-Regulation Strategies:

What are strategies you use to regulate your emotions?