Handling Your Emotional Triggers Effectively

Take control of your emotional triggers by increasing your awareness and developing new ways of responding.



Understanding Your Emotional Triggers

- [ ] Learn what a trigger is: it's an experience that draws you back into the past and causes old feelings and behaviors to arise
- [ ] Realize we all have triggers and they're different with each person
- [ ] Identify internal causes that interfere with your ability to live in the present moment
- [ ] Spot external prompts, like situations or certain people that always "push your buttons"

Managing Your Emotional Triggers

- [ ] Keep a journal. Tracking your triggers is often the first step in mastering them
- [ ] Make time to relax. Reducing daily stress makes it easier to handle intense emotions
- [ ] Eat right, sleep well, and exercise regularly
- [ ] Take advantage of quiet times to brainstorm new strategies you can use when you're under pressure
- [ ] Know your capacity and proceed at your own pace
- [ ] Place yourself in difficult positions. Be open to doing something new and more constructive
- [ ] Develop a strong support network
- [ ] Show compassion. Strive to be a little more patient and forgiving and people will be more likely to do the same for you
- [ ] If you're having trouble making progress on your own, seek professional help

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