DECODE TEEN EMOTIONS

Episode 3 Worksheet

Trigger Tracking — What Sets You Off?



Listen to the episode, then work through each section below. Take your time — this is just for you! ✏️

🔥 WHAT IS A TRIGGER?

In the episode, Susan explains that triggers are situations that set off a strong emotional reaction — especially anger or frustration. They can be obvious (being yelled at) or subtle (feeling left out, ignored, or misunderstood).

Every trigger has 3 parts:

1. The SITUATION What's happening around you **2. Your BODY** What you feel physically	**3. Your THOUGHTS** What runs through your mind 👉 *Knowing all 3 = power to change your reaction!*

SECTION 1: IDENTIFY YOUR TRIGGERS 🎯

What situations or events typically make you feel angry, irritated, or stressed?

☑️ Check all the triggers that resonate with you:

☐ Being interrupted or talked over ☐ Feeling ignored or left out ☐ Being criticized or judged ☐ Feeling like you don't matter ☐ Someone nagging you about chores/tasks ☐ Being told what to do	☐ Seeing friends hang out without you ☐ Noise or chaos when you're exhausted ☐ Feeling out of control of your time ☐ Drama in a group chat or on social media ☐ Feeling disrespected in public ☐ Other: _____



✍️ **Describe YOUR biggest trigger in your own words:**

🤔 **What makes THIS particular trigger so hard for you?**

SECTION 2: OBSERVE YOUR PHYSICAL REACTIONS 💥

Maya described her body reaction perfectly: tight chest, shoulders going up, jaw locking. Your body always sends warning signals BEFORE you explode. Learning to spot them is key!

🧍 **What happens in your body when you're triggered? Circle or check all that apply:**

☐ Heart racing or pounding	☐ Stomach dropping or twisting
☐ Jaw clenching	☐ Face getting hot
☐ Fists tightening	☐ Shaky hands
☐ Chest tightening	☐ Buzzing or racing feeling
☐ Shoulders tensing up	☐ Other: _____

✍️ **Complete this sentence about YOUR body:**

When _____ happened, my body felt _____.

SECTION 3: TRACK YOUR MENTAL REACTIONS 🧠

In the episode, Maya's thoughts sounded like: "They don't care about you," "You're just extra," "Why do you even try?" — even though no one actually said those things. These thought loops speed everything up.

💭 **Which of these thoughts sound familiar to you? Check all that apply:**

☐ "This is so unfair."	☐ "They hate me / don't want me."



☐ "No one cares about me."	☐ "I'm the only one who feels this way."
☐ "I always mess things up."	☐ "This is going to be a disaster."
☐ "Everyone is judging me."	☐ "I'm just extra / invisible."
☐ "I'm not good enough."	☐ My own: _____

🔍 **Complete this sentence:**

My main thoughts were: _____

Underneath my anger, I actually felt: _____

SECTION 4: REFLECT ON THE PATTERNS 🔄

Maya discovered her formula: "I'm worn out + I see proof that I'm not 'enough' socially = instant anger." Once you spot your pattern, you can interrupt it before it explodes.

📊 **Do you notice any common patterns in how you react? Check all that apply:**

- ☐ I always get set off when I'm tired or drained
- ☐ I blow up more when I feel disrespected or embarrassed
- ☐ I shut down when someone raises their voice
- ☐ I snap more in public / when I feel watched
- ☐ My triggers are worse after a long day at school
- ☐ Social media / my phone makes my reactions bigger

✍️ **Write your own "trigger formula":**

When _____ **AND** _____ happen, I usually react by _____.

SECTION 5: COMMIT TO A NEW RESPONSE ✅

Susan reminded us: it's NOT about never being angry. It's about making the space between "something happens" and "you react" just a little bigger. Choose ONE small, realistic thing to try next time.

❌ **My OLD reaction:**	✅ **My NEW plan:**



💡 **Pick ONE small step from these examples, or write your own:**

- ☐ When I feel my chest tighten, I'll take 3 slow breaths before saying anything
- ☐ If I see a triggering post/text, I'll put my phone down for 5 minutes first
- ☐ When I walk in after school, I'll ask for 10–20 minutes of quiet before talking
- ☐ I'll journal for 2 minutes before sending a message I might regret
- ☐ **My own:** _____

✍️ **Write your commitment sentence:**

Next time this trigger shows up, I will try: _____

BONUS: REFLECT ON THE STORIES FROM THE EPISODE 📖

The episode shared two real stories — Ava (after-school overload) and Maya (social media left out). Use one to reflect:

Which story felt most like YOU, and why?	**What would YOU have done differently in that situation?**

⭐ THIS WEEK'S CHALLENGE ⭐

Pick ONE trigger you noticed today while listening. This week, use the 5 steps at least once and write them down:

- ☐ Trigger — what happened
- ☐ Body — what you felt physically
- ☐ Thoughts — what looped in your head
- ☐ Pattern — what does this keep showing you?



☐ New response — one small thing you tried

Even doing this ONCE can make things click: "Oh, that's why I keep blowing up at the same stuff!" 💪

😊 **MOOD TRACKER — How are you feeling after this worksheet? Circle one:**

😡 😠 😐 🙂 😄

"Between stimulus and response, there is a space.
In that space is our power to choose our response."
— Viktor Frankl

Next episode: Hormones — what they're doing to your brain and why emotions sometimes feel out of control. 🎧

