



# Trigger Warning: Be Aware of What Triggers Your Emotions

**Directions:** Rate your feelings about each of these common triggers.

- 1 😊 No worries. It's OK!
- 2 😐 I am sort of uncomfortable.
- 3 😓 Whew! This is getting stressful.
- 4 😭 My emotions are building! I'm stressed out!
- 5 😱 I am soooooo upset! I'm going to melt down.

**THINK ABOUT YOUR ANSWERS CAREFULLY. THEN WE WILL DISCUSS HOW TO DEAL WITH STRONG EMOTIONS AS A CLASS.**

Does this cause you stress?	1 😊	2 😐	3 😓	4 😭	5 😱
Homework					
Disagreement					
Tests					
Loud noises					

Being yelled at					
Peer pressure					
Making mistakes					
Being embarrassed					
Being late					
Working in groups					
Public speaking					
Being ignored					
Fighting/arguing					
Bad weather					
Crowded hallways					
Being alone					

**(THIS IS JUST FOR YOU. YOU DON'T HAVE TO PUT YOUR NAME ON IT OR TURN IT IN. YOU CAN RECYCLE IT WHEN FINISHED.)**