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 sooooo 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					

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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.)

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