

WELL-BEING NEWSLETTER

EMOTIONAL TRIGGERS

EMOTIONAL TRIGGERS ARE THINGS SUCH AS, MEMORIES, OBJECTS, PEOPLE, THAT SPARK INTENSE NEGATIVE EMOTIONS. THIS CHANGE IN EMOTIONS CAN BE ABRUPT, AND IN MOST CASES IT WILL FEEL MORE SEVERE THAN WHAT THE TRIGGER WOULD LOGICALLY CALL FOR. IN CHILDREN THIS CAN PRESENT ITSELF AS ANGER. IF WE CAN TRY TO UNDERSTAND WHAT A CHILD'S TRIGGER IS THEN WE CAN HELP THEM COPE BETTER WITH THESE BIG EMOTIONAL OUTBURSTS.

WHEN A CHILD CAN MAKE THE LINK BETWEEN THEIR THOUGHTS, THEIR EMOTIONS AND THEIR BEHAVIOUR, THEY ARE LESS LIKELY TO STRUGGLE WHEN DIFFICULT EMOTIONS OCCUR. THIS IS BECAUSE YOUR CHILD LEARNS TO REFLECT ON THEIR REACTIONS TO TRIGGERS AND, OVER TIME, IDENTIFIES WHAT THEY MIGHT DO DIFFERENTLY IN THE FUTURE.

TAKE A LOOK AT THE SHEET BELOW FOR TRIGGER EXAMPLES AND THE EMOTION LIST FOR HOW YOUR CHILD MAY FEEL. YOU CAN USE THIS TO OPEN UP CONVERSATIONS AROUND WHAT HAS PUSHED THEIR BUTTONS.

ONE WAY TO HELP FIND THE CAUSE OF THE EMOTIONAL TRIGGERS IS TO HAVE A LOG

WRITE DOWN WHAT THE TRIGGER WAS INCLUDE THE DAY AND TIME AND LOOK FOR PATTERNS.

REFLECT ON IT.

HAVE YOU BEEN IN THIS SITUATION BEFORE? HOW DID YOU FEEL?

HOW DID YOU REACT TO THE TRIGGER SITUATION?

WOULD YOU DO THE SAME THING IF IT HAPPENED AGAIN?

WHY OR WHY NOT?

THIS WILL HELP YOUR CHILD RECOGNISE THEIR OWN TRIGGERS AND HOPEFULLY IN TIME KNOW HOW TO BETTER DEAL WITH SITUATIONS AND BUILD RESILIENCE TO LIFE'S CHALLENGES.

What Pushes My Buttons

An **emotional trigger** is anything that "pushes your buttons" or ignites a strong negative feeling or emotional reaction. For example, you're happy one minute, then suddenly you're angry. Triggers can be events that happen in the present or memories of events from the past. Here are some examples:



I came across an old photo.	I unfairly lost a privilege.	I was supposed to go to a sleepover, and it got canceled.
I was left out of the game.	A friend criticized my actions.	No one was talking to me at lunch.
I did not study for the test today.	I tripped over a book on the floor.	I have two big events to attend tonight.

A feeling is an **emotional reaction**. Here are some examples:

angry	embarrassed	unenthusiastic	depressed	judgmental
aggressive	uncomfortable	ignored	gloomy	superficial
hostile	humiliated	passed over	miserable	unreasonable
violent	confused	forgotten	sorrowful	random
argumentative	humbled	abandoned	bored	erratic
enraged	overwhelmed	not noticed	disappointed	hesitant
exasperated	overburdened	guilty	awful	doubtful
wound up	overpowered	ashamed	horrible	nervous
infuriated	submerged	accountable	icky	indecisive
teed off	swamped	bad	hopeless	insecure
bitter	sad	lonely	disgusted	withdrawn
harsh	not interested	unpopular	nauseous	unsociable
resentful	detached	isolated	shocked	quiet
spiteful	impersonal	friendless	offended	silent
nasty	unmoved	unhappy	annoyed	distant

