

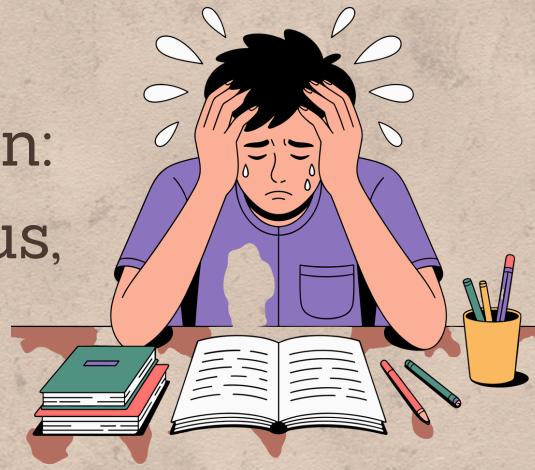
Personal Emotional Triggers

FEELING OVERWHELMED

Too much information; many tasks at once; don't know where to start.



My Typical Reaction:
I freeze, feel anxious,
and overthink.



HEALTHY STRATEGY:

1-minute breathing; choose one small task; use priority list and 10–15 min focus blocks



ROMM'S TRIGGER TRACKER



FAILURE & MISTAKES



I try my best but still fail; expectations not met.



My Typical Reaction:
I feel down, and doubt myself

HEALTHY STRATEGY:

Check the facts; list what I learned; positive self-talk; track small wins; opposite action.



Emotional Regulation



BETRAYAL & DISHONESTY



Someone breaks my trust or talks behind my back.



My Typical Reaction:
I feel hurt, angry, and shut down.

HEALTHY STRATEGY:

Step away; breathe; set boundaries; talk to someone I trust; forgive but keep the lesson.

