

Self-Awareness and Emotional Triggers

Recognizing past patterns and emotional responses are key to managing your reactions to situations in your professional and personal life. The following is a guided approach to recognizing how you have handled your emotions, how you responded, and the impact on yourself and others.

- When was the last time you experienced a positive emotion? What was it?
- When was the last time you experienced a challenging emotion? What was it?
- For each experience, what were the preceding actions or events that evoked the emotion?
- How did you respond to each of the situations? What were the reactions or consequences of your responses?
- How would you characterize your responses (e.g., helpful, beneficial, resolving, inflammatory, rash, considerate, thoughtful)?
- What situations or people regularly evoke strong emotional responses?
- How can you identify the early warning signs of one of those situations to which you would like to respond differently?
- What would be the impact of responding differently?

These questions can be used as a reminder that emotional triggers can be identified in advance and that responses can be considered to support healthy relationships. Creating some time and space between a triggering event and your emotional response will help you show up as a thoughtful, considerate, and professional colleague.