

Self-Assured! Triggers, Emotions, & Responses

A trigger situation is the start of an emotional feedback loop. This trigger leads to thoughts and emotions that produces a result or outcome. For each emotion listed, consider the triggering circumstances or situation that occurs before and what happens after. Remember that triggers can include thoughts, emotions, and behaviors. They can also be people, places, things, or situations.

When...	I feel...	and then...
	admiration	
When...	I feel...	and then...
	adoration	
When...	I feel...	and then...
	amused	
When...	I feel...	and then...
	anxious	
When...	I feel...	and then...
	awkward	
When...	I feel...	and then...
	bored	
When...	I feel...	and then...
	calm	
When...	I feel...	and then...
	comfortable	
When...	I feel...	and then...
	confused	
When...	I feel...	and then...
	disgusted	
When...	I feel...	and then...
	entranced	
When...	I feel...	and then...
	envious	
When...	I feel...	and then...
	excited	
When...	I feel...	and then...
	fearful	
When...	I feel...	and then...
	horrified	

When...	I feel... joyful	and then...
When...	I feel... nostalgic	and then...
When...	I feel... romantic	and then...
When...	I feel... sad	and then...
When...	I feel... satisfied	and then...
When...	I feel... sympathetic	and then...
When...	I feel... triumphant	and then...