

Name \_\_\_\_\_

## Trigger Discovery

**Directions:** Read the passage carefully. Then answer the comprehension and reflection questions that follow. Think about how recognizing triggers can help you manage emotions in your own life.



### When I Noticed My Triggers

Last year, I used to get upset a lot during group projects. Whenever someone ignored my ideas or talked over me, I felt my chest tighten and my face heat up. I didn't know it at the time, but those moments were my triggers. One day, after I shouted at my teammates, my teacher asked me to take a walk and cool down.

While walking, I realized that I wasn't really angry at my group. I was angry because I felt unheard. That small discovery helped me start to notice when those feelings came up again. Now, when someone interrupts me, I remind myself to take a breath and wait my turn. It's not easy, but I'm learning that staying calm helps me get my ideas across better. Recognizing my triggers didn't make them disappear, but it gave me the power to choose how I react.

### Comprehension Questions:

1. What usually triggered the student's anger during group projects?
2. What did the teacher ask the student to do after shouting at teammates?
3. What did the student realize while walking?
4. How did the student decide to handle being interrupted after learning about triggers?

### Reflection Questions:

5. What are some situations that might trigger frustration or anger for you?
6. What is one calm strategy you can try next time you notice your trigger?