

Name _____



Emotion Trigger Gaps

Directions: Read each sentence carefully and fill in the blank using one of the words from the word bank. Each sentence describes a situation that could act as a trigger. Choose the word that best fits the feeling described.

overwhelmed

frustrated

hurt

embarrassed

irritated

stressed

anxious

disappointed

tense

jealous

1. When I forgot my line during the play, I felt _____ because everyone was watching.
2. When I saw my friend get the award I wanted, I felt a little _____.
3. I felt _____ when I had too many homework assignments due at the same time.
4. When I tried to explain my idea but no one listened, I felt _____.
5. When my parents argued loudly, my body felt tight and _____.
6. I felt _____ after losing a big game I practiced hard for.
7. When someone took credit for my work, I felt _____ inside.
8. During the test, I started to feel _____ because I couldn't remember the answers.
9. When my classmate kept tapping their pencil, I got _____ and couldn't focus.
10. I felt _____ when I dropped my lunch tray in front of everyone.

Reflection Questions:

11. Which of these feelings do you notice most often in yourself?
12. What helps you calm down or feel better when that happens?