

Name _____



Trigger Terms

Directions: Match each emotional vocabulary word with its correct definition by writing the letter of the definition next to the word. Then, complete the short-response questions that follow to show how you understand these emotions.

____ 1. Defensive

____ 2. Provoked

____ 3. Irritable

____ 4. Humiliated

____ 5. Overwhelmed

____ 6. Resentful

____ 7. Anxious

____ 8. Agitated

A. Feeling nervous or uneasy about what might happen

B. Reacting quickly to protect yourself from blame or criticism

C. Feeling deeply embarrassed or ashamed after a mistake or insult

D. Upset or stirred up because of someone else's actions or word

E. Easily annoyed or bothered by small things

F. Feeling angry about being treated unfairly

G. Feeling emotionally flooded or unable to handle everything at once

H. Restless or unable to calm down

Reflection Questions

1. Which of these emotions do you notice most often when you feel triggered? Why?
2. Describe one calm strategy you could use when you notice yourself feeling that emotion.