

Name \_\_\_\_\_



## Trigger Reflection

**Directions:** Read the passage below about emotional self-control. Then, answer the open-ended questions to connect what you read to your own life and choices. Write in complete sentences.

When I was younger, I used to react instantly whenever something made me angry. If a classmate joked about me, I would snap back without thinking. One day, a teacher pulled me aside and said, "You have to decide if you want your emotions to control you or if you want to control them." That sentence stuck with me. I began noticing my triggers, times when I felt defensive or embarrassed, and started pausing before responding. Over time, I realized that staying calm didn't mean ignoring my feelings; it meant choosing how to use them wisely.

1. What did the narrator's teacher mean by "You have to decide if you want your emotions to control you or if you want to control them"?
2. What were some of the narrator's triggers?
3. How did the narrator change their reactions over time?
4. Why is it important to notice your triggers before reacting?
5. Think about your own experiences. Describe one time you felt triggered and how you handled it.
6. If you could face that same situation again, what would you do differently?