

## Trigger Reflection Answer Key

1. It means people can choose to manage their emotions instead of letting emotions lead to negative actions.
  2. The narrator was triggered when classmates joked about them or made them feel embarrassed.
  3. The narrator started pausing, thinking before reacting, and learned to stay calm while still acknowledging feelings.
  4. Recognizing triggers helps prevent overreactions and leads to better decision-making.
- 5-6. Answers will vary; appropriate responses show self-awareness and strategies for emotional control (pausing, breathing, speaking calmly, seeking help).

### Teacher's Guide:

- **Purpose:** Encourages high school students to connect emotional triggers to self-regulation and real-world decision-making.
- **Differentiation Tips:**
  - Provide sentence starters such as "When I feel triggered, I notice..." for students who need writing support.
  - Allow verbal discussion responses before written reflection for students who process better through conversation.
  - Offer vocabulary support for key words like "defensive," "trigger," and "self-control."
- **Engagement Ideas:**
  - Hold a brief group talk about how emotions can influence choices at school or work.
  - Ask students to highlight phrases in the passage that show growth or change.
- **Extension Activities:**
  - Have students write a personal reflection titled "How I Manage My Triggers."
  - Link the lesson to goal-setting: "One goal I have for handling emotions this month is..."