

TRIGGERS

What tends to come right before big emotions or a clear shift in my emotions?

- Not being listened to
- Feeling left out
- Feeling misunderstood
- Feeling minimized
- Feeling stressed
- Being criticized, especially in front of peers
- Loneliness
- Exhaustion
- Dismissiveness
- Controlling personalities
- Laziness
- Unproductivity
- Wasted time
- Dishonesty
- Manipulation
- Fearful personalities
- Sarcasm
- Loss
- Change
- Bluntness
- Messiness
- Too much noise
- Loud chewing
- Disobedience



These are my triggers to own. What do I want to do about them?
What do I need to do to develop more patience in my life?
What do I need to do to lessen the impact of my triggers?

Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger. — James 1:19
