Triggers Map

You are at the center of the sheet. Fill the three concentric circles with real triggers from your personal experience, not general examples. The key for each circle tells you how strong its triggers should be. Write at least three things in each circle. You don't have to show any of it to anyone. Sharing in pairs or small groups is optional. When you are done, choose your strongest trigger from your map and go on to the Personal Regulation Plan form.



Mild
Situations that annoy you but soon pass. Someone rolls their eyes, someone texts while you are talking, noise in the classroom.

Moderate
Situations after which you find it harder to focus and speak more sharply than you mean to. Someone keeps interrupting you, nobody sticks to what you agreed on.

Strong
Situations that set your heart pounding and make you want to walk out or explode. Someone questions your honesty in front of the whole class.

In school settings, emotional triggers often relate to peer acceptance, reputation, academic stress, or social identity. Check your map against these four areas to see if anything is missing.

Name: _____ Date: _____

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