

# Emotional Triggers

Understanding your triggers is a game changer for self-care and emotional regulation. By identifying what sets off strong reactions or stress, you can take proactive steps to manage your emotional well-being and respond more thoughtfully. Knowing your triggers helps you create a personalized self-care plan, build healthier boundaries, and navigate life with greater resilience. Try using this worksheet to identify your triggers.

- Someone says you did something wrong.
- Someone belittles you.
- You want something you cannot have.
- Someone shouts at you.
- You are told you can't do something right.
- Someone doesn't agree with you.
- You are unable to finish your task.
- You are feeling left out.
- There's too many people.
- There's too much noise.
- Someone is disturbing you.
- There's too much housework.
- Someone criticizes you.
- Someone hurts you.
- Someone threatens you.



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