



Emotional Intelligence Triggers Worksheet

1. Think of a time when you were triggered at work and you could have handled things better. What happened? What was the trigger and how did it physically manifest in you?
2. Ask yourself: Could I have anticipated or changed the situation? If so, how?
3. With respect to your own perspectives and perceptions, how could you have changed the way you viewed the situation? The way you interpreted the situation? What biases did you bring?
4. How might a shift in your perspectives and behaviors and choices have changed the outcome?

