

What's Behind the Feeling: Understanding Your Triggers

INTERPERSONAL



- Criticized or judged
- Ignored or unheard
- Betrayed or lied to
- Misunderstood
- Unreciprocated effort
- Fear of being abandoned



WORTHINESS

- Perfectionism
- Not feeling good enough
- Fear of being a burden
- Fear of failure
- Comparison to others
- Shame from mistakes



STRESS

- Unexpected changes
- Overstimulated
- Rushed or out of time
- Unprepared
- Financial worries
- Social overwhelm

SOCIAL PRESSURE



- Rejected
- Excluded
- Fear of embarrassment
- Being the center of attention
- Fear of not fitting in

GRIEF & LOSS



- Anniversaries
- Birthdays and holidays
- Hearing special songs
- Specific places
- Photos or videos
- "On this day" posts



RESTRICTION

- Controlled
- Micromanaged
- Told what to do
- No sense of control
- Lost independence
- Decisions made for you

Which triggers resonate most with you? How can you start recognizing them in your daily life?
