

# PHASE 2

## MOVING FROM REACTIVE TO PROACTIVE

Below are examples of some triggers which set off a negative reaction. Please complete the response and then add any others which you are aware of? With the Emotions/Feelings where do they show up in your body?

TRIGGERS	RESPONSE	EMOTIONS/FEELING	WHERE IN THE BODY DID THE EMOTION/FEELING SHOW UP?
Certain People		Fast Heart Rate	
Certain Situations		Fear	
Expectations		Teary	
Pressure		Tension	
New Challenges		Fear	
They Don't Like Me		Insecure	
Acceptance			

TRIGGERS	RESPONSE	EMOTIONS/FEELING	WHERE IN THE BODY DID THE EMOTION/FEELING SHOW UP?
Respect			
Be Valued			
Be Understood			
Be In Control			
Be Right			
Be Liked			
Be Treated Fairly			
Safety			
Feel Included			
Independence			

TRIGGERS	RESPONSE	EMOTIONS/FEELING	WHERE IN THE BODY DID THE EMOTION/FEELING SHOW UP?