

# What Made Me Feel This Way? Trigger Worksheet



## MATH TEST SCENARIO

**EVENT:** I got my math test back.

**THOUGHT:** "I probably did badly."

**FEELING:** Worried and disappointed.

**ACTION:** I wanted to hide the paper.



## FRIENDSHIP SCENARIO

**EVENT:** My friends made plans without me.

**THOUGHT:** "They don't want me around."

**FEELING:** Hurt and angry.

**ACTION:** I stopped talking to them.



## TEAM SCENARIO

**EVENT:** I missed an important shot during the game.

**THOUGHT:** "Everyone thinks I'm terrible."

**FEELING:** Embarrassed and frustrated.

**ACTION:** I wanted to leave.

