



Controlling Our Reactions

Our reactions to situations often shape our experiences and relationships. By learning to control our reactions and develop healthy coping strategies, we can navigate challenges with greater resilience and balance. This worksheet will guide you through identifying triggers, understanding your responses, and creating strategies for better coping.

Step 1: Identify Your Triggers

1. What situations, people, or events tend to trigger strong emotional reactions in you?

○ _____

2. Are there specific patterns or recurring themes in these triggers? (e.g., feeling criticized, facing uncertainty)

○ _____

3. How do you typically react when faced with these triggers? (e.g., anger, withdrawal, overthinking)

○ _____

Step 2: Understand Your Reactions

1. What physical sensations do you notice when you're reacting strongly? (e.g., tense muscles, racing heart)

○ _____

2. What thoughts or beliefs come to mind in these moments? (e.g., "This is unfair," "I can't handle this")

○ _____

3. How do your reactions impact the situation or those around you?

○ _____



Controlling Our Reactions

Step 3: Reframe Your Perspective

1. Take a recent situation where you reacted strongly. Describe it briefly:

○ _____

2. How could you view this situation differently? (e.g., focusing on what you can control, considering other perspectives)

○ _____

3. What is one positive or constructive thought you can replace your initial reaction with?

○ _____

Step 4: Practice Healthy Coping Strategies

- What calming techniques can you use in the moment when you feel triggered? (e.g., deep breathing, counting to 10, stepping away)

○ _____

- What healthy outlets can help you process your emotions afterward? (e.g., journaling, talking to a friend, exercising)

○ _____

- List 3 activities that help you feel grounded and regain perspective:

○ Activity 1: _____

○ Activity 2: _____

○ Activity 3: _____

Step 5: Create a Reaction Management Plan

1. What are your warning signs that you're about to react strongly? (e.g., clenched fists, raised voice, overwhelming thoughts)

○ _____



Controlling Our Reactions

2. What steps can you take to pause and regain control in these moments?

○ _____

3. Who can you reach out to for support or perspective when needed?

○ _____

Step 6: Reflect on Progress

1. Think of a time when you successfully controlled your reaction. What did you do, and how did it help?

○ _____

2. What did you learn from that experience that you can apply moving forward?

○ _____

3. What is one new coping strategy you will commit to practicing this week?

○ _____

Closing Reflection

1. After completing this worksheet, how do you feel about your ability to manage your reactions and cope effectively?

○ _____

2. What is one insight you've gained about yourself?

○ _____

Reminder: Controlling reactions and coping effectively takes practice and patience. Celebrate small wins and focus on progress, not perfection.