

# WHAT TRIGGERS YOU?

For each statement, circle the number that corresponds with your answer. Make note of the statements for which you circled 3 and above. These areas are your most troublesome.

1 = not difficult; 2 = somewhat difficult; 3 = moderately difficult; 4 = very difficult; 5 = extremely difficult

Conflicts at work with colleagues	1	2	3	4	5
Conflicts at work with authority	1	2	3	4	5
Conflicts with family members	1	2	3	4	5
Conflicts with friends	1	2	3	4	5
Receiving positive feedback	1	2	3	4	5
Receiving negative feedback	1	2	3	4	5
Success	1	2	3	4	5
Failure	1	2	3	4	5
Spending time alone	1	2	3	4	5
Not having enough time for yourself	1	2	3	4	5
Taking on new responsibilities at work	1	2	3	4	5
Managing a hectic schedule	1	2	3	4	5
Juggling many tasks at once	1	2	3	4	5
Adapting to change	1	2	3	4	5
Attending social functions	1	2	3	4	5
Balancing your professional and personal life	1	2	3	4	5
Responding to negative emotions in others	1	2	3	4	5
Responding to positive emotions in others	1	2	3	4	5
Dealing with your own:					
Anger	1	2	3	4	5
Sadness	1		3	4	5
Anxiety	1	2	3	4	5
Embarrassment	1	2	3	4	5
Guilt	1	2	3	4	5
Boredom	1	2	3	4	5
Frustration	1	2	3	4	5
Shame	1	2	3	4	5
Savoring happiness or contentment	1	2	3	4	5