**Characteristics of a Triggering Event**

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***Any stimulus, either external or internal to the person, through which they experience an emotional reaction that may have some or all of the following characteristics:***

* Unexpectedness, the person is surprised by the arousal of their feelings
* Strong intensity of feelings, the person experiences their emotions as overwhelming and disproportionate to the original stimulus
* Disorienting, the person is disoriented and distracted from the flow of the workshop and the planned agenda: “stopped in their tracks”
* Feeling out of control and overwhelmed by the situation
* Feeling “de-skilled” and reacting less effectively
* Requiring extra effort to manage the situation effectively