# Intrapersonal “Roots” of Triggering Events

Directions: Think about hot button/triggering event. What do you believe were the various factors or “roots” that contributed to your feeling triggered?

1. **Current life issues and dynamics** (fatigue, illness, crises, stressors, etc.)

2. **Cumulative impact of recent experiences**: Does this situation remind you of recent events?

3. **Unfinished business, unresolved or unhealed past issues, traumas, and “wounds**:” Does this person remind you of anyone? Does this situation remind you of past traumas?

4. **Fears** (check-off all that are related and add any others)

* My personal issues will become the focus of the conversation: all eyes will be on me.
* I will lose credibility and be seen as less competent.
* If I cry and show emotion, people will think less of me…. I won’t be able to manage the situation.
* The conversation will “get out of control.”
* People will get too emotional and I won’t have the skills to manage the situation.
* I won’t know enough about the issue to engage in conversation.
* If I challenge this issue I will be all alone without any support.
* I won’t be able to express myself clearly; I’ll be misunderstood.
* If I am too confrontational or angry, then people will judge me, be mad at me, reject me, ostracize me, etc.
* I will be seen as incompetent and “not good enough.”
* They will see how prejudiced I really am.
* I’ll let people down and disappoint them.
* People won’t like me or approve of me.
* Things won’t change.
* I will make a mistake and be wrong.
* People will be disappointed in me.
* If I don’t handle this well, people could feel uncomfortable… be hurt.
* Things will be worse off than before.

5. **Unmet Universal Needs/What I value\*** (check-off all that are related and add any others)

\*This section was enhanced by the work of Marshall Rosenberg (2005). Nonviolent Communication.

* Respect, dignity
* Trust
* Planning, order
* Fairness
* Clarity, understanding
* Openness, honesty
* Direct communication
* Respectful disagreement
* Recognition, acknowledgement
* Appreciation
* Competence, effectiveness
* Success, to make a difference
* To be kept informed and updated
* Harmony, peace
* Safety, security
* Integrity
* Innovation and creativity
* Ease and simplicity
* Connection
* Mutuality, partnering, collaboration
* For approval
* For acceptance, belonging
* Inclusion
* Consideration
* Dependability, follow-through

6. **Ego-driven desires** (check-off all that are related and add any others)

* To assert, regain my power and authority
* To have control
* To win the argument; prove them wrong
* To get my way
* To make people change; “fix” them
* To make people learn
* To be right
* To shut them down, put them in their place
* To make them feel the pain and hurt I feel
* To be seen as the expert, smart
* To prove I am competent
* To gain prestige and status
* To be admired; avoid disgrace
* To be liked
* To fit in
* To be seen as a “good one,” an ally
* To be perfect
* To gain certainty and predictability
* For everyone to feel happy
* To avoid deep emotions and conflict
* To make others engage as I want them to

7. Biases, assumptions, expectations, shoulds, and judgments

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