


# STEP 4: IDENTIFY THE FULL BREADTH OF YOUR TRIGGERED EMOTIONS



**Directions:** Reflect on a difficult situation where you felt deeply triggered. Review this list of feelings and circle each one that you experienced in that moment. Add any others to the list.

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|--------------|---------------|-------------|-------------|-------------|
| Aggravated   | Crushed       | Empowered   | Impatient   | Powerless   |
| Agitated     | Defeated      | Empathetic  | Incensed    | Preoccupied |
| Alarmed      | Deflated      | Enraged     | Indifferent | Puzzled     |
| Alienated    | Dejected      | Envious     | Indignant   | Raging      |
| Ambivalent   | Depleted      | Exasperated | Infuriated  | Regretful   |
| Amused       | Depressed     | Excited     | Insecure    | Relieved    |
| Angry        | Despair       | Exhausted   | Inspired    | Remorseful  |
| Anguish      | Determined    | Exhilarated | Irritated   | Repulsed    |
| Annoyed      | Disappointed  | Fascinated  | Jealous     | Resentful   |
| Anxious      | Discouraged   | Fearful     | Jubilant    | Sad         |
| Appreciative | Disgusted     | Forlorn     | Lonely      | Surprised   |
| Apprehensive | Disheartened  | Frightened  | Longing     | Sympathetic |
| Appalled     | Disillusioned | Furious     | Mean        | Tender      |
| Awe          | Dissatisfied  | Grateful    | Mortified   | Tense       |
| Ashamed      | Distracted    | Gratified   | Nervous     | Terrified   |
| Bitter       | Distressed    | Grief       | Numb        | Touched     |
| Bored        | Distrustful   | Guilty      | Outraged    | Unsettled   |
| Burned out   | Drained       | Hateful     | Overwhelmed | Useless     |
| Calm         | Dumbfounded   | Heartbroken | Panic       | Vulnerable  |
| Carefree     | Eager         | Hesitant    | Paralyzed   | Wary        |
| Confident    | Edgy          | Hopeless    | Peaceful    | Weary       |
| Confused     | Embarrassed   | Hurt        | Perplexed   | Worried     |

What are your thoughts as you look at all your circled emotions?

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Major source: Gill, R., Leu, L., & Morin, J. (2009). *NVC Toolkit*. BookSurge Publishing.