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| 1. **NAME** of the resource / tool
 | Emotional Triggers Worksheet |
| 1. **WHAT** is the purpose of the resource / tool?
 | Identifying things that “push your buttons” is the first step in learning how to harness angry emotions and turn them into positive ones.This worksheet helps individuals identify their triggers for negative emotions (anger, frustration, etc.). |
| 1. **WHO** developed the resource / tool? (If it was adapted from an existing document, please include a citation for the original source.)
 | Original Source Not Known |
| 1. **HOW** should the resource / tool be used?
2. *What circumstances are ideal/appropriate?*
3. *By whom and when?*
4. *Is a particular skill set or special preparation needed?*
 | As a reference for:* Exploring group dynamics and how members engage with others.
* Supporting members in developing self care and stress management strategies.
* Creating group agreements that promote consideration for others, mutual respect and personal accountability.
* Coaching others through conflict resolution.
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| 1. **WHY** is this resource being recommended? (What makes is especially effective or useful for community-based work?)
 | * Occasional conflict is a natural part of any type of group work and community building.
* This worksheet can help group members develop critical emotional competence skills, including the ability to identify and manage one’s emotions. This includes knowing how to nourish your emotional state, take turns, delay gratification, and cope with failure and loss. It also involves knowing how to control impulses, use good judgement and adapt emotions in response to others’ emotions and reactions – all of which are common characteristics of exemplary leaders.
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