

What REALLY triggered me?

From The Gottman Institute

I felt excluded.
I felt powerless.
I felt unheard.
I felt scolded.
I felt judged.
I felt blamed.
I felt disrespected.
I felt a lack of affection.
I felt I couldn't speak up.
I felt lonely.
I felt ignored.
I felt I couldn't be honest.
I felt like the bad guy.
I felt forgotten.
I felt unsafe.
I felt unloved.
I feel it was unfair.
I felt frustrated.
I felt disconnected.
I felt trapped.
I felt lack of passion.
I felt uncared for.
I felt manipulated.
I felt controlled.

**When you are triggered, ask yourself what is triggering ME about this interaction?
This keeps you focused on your work and not on the drama.**