**Recognising your triggers**: A virtual and self-coaching exercise

A [recorded version of this exercise is available here.](https://healtheducationengland.sharepoint.com/:v:/s/LeadershipAcademy-South/EU6V5mwtgcBIrmy7Pvj7Qf0BZQwVlCocj-_OUft-p57tCA?e=k9CJ1d)

**A challenge you are facing that leads you to be emotionally triggered.** Situations where this comes up – what is the external environment – people, place, what has happened?

**Feelings and emotions**

**Thoughts and beliefs**

**Sensations and urges**

**What is my deeper need?** Is there a need underneath that? And under that?

**If I were to offer that to myself what would that to myself? “**You are…”, “you have…” etc

**Reflections**