

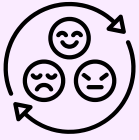


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IDENTIFYING EMOTIONAL TRIGGERS



THIS WORKSHEET WILL GUIDE YOU IN IDENTIFYING YOUR EMOTIONAL TRIGGERS AND UNDERSTANDING HOW THEY AFFECT YOU. REFLECT ON PAST EXPERIENCES OF HARASSMENT AND USE THE PROMPTS BELOW TO ARTICULATE YOUR THOUGHTS AND FEELINGS

DESCRIBE
THE
INCIDENT

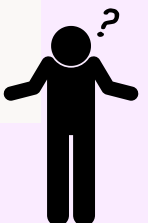
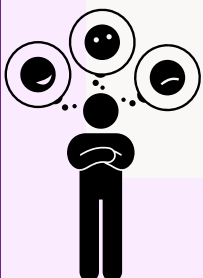
WHAT HAPPENED? PROVIDE A BRIEF DESCRIPTION OF THE EVENT

EMOTIONAL
RESPONSE

PHYSICAL
REACTIONS

WHAT EMOTIONS DID YOU FEEL DURING AND AFTER THE INCIDENT?
(E.G., ANGER, FEAR, SADNESS,
FRUSTRATION)

DID YOU NOTICE ANY PHYSICAL REACTIONS TO YOUR EMOTIONS?
(E.G., INCREASED HEART RATE,
SWEATING, TENSION)





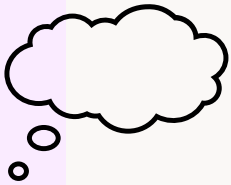
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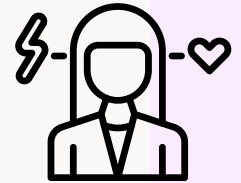
THOUGHT PATTERNS

WHAT THOUGHTS WERE RUNNING
THROUGH YOUR MIND DURING THE
INCIDENT?



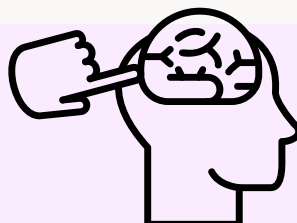
BEHAVIORAL RESPONSE

HOW DID YOU RESPOND TO THE
SITUATION? (E.G., CONFRONTATION,
WITHDRAWAL, SEEKING HELP)



IDENTIFYING TRIGGERS

WHAT SPECIFICALLY TRIGGERED YOUR EMOTIONAL RESPONSE? (E.G., CERTAIN
WORDS, ACTIONS, SETTINGS)





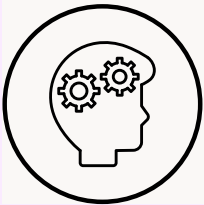
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MANAGING EMOTIONS

WHAT TECHNIQUES HAVE YOU USED IN THE PAST TO MANAGE YOUR EMOTIONS?
WERE THEY EFFECTIVE?



BASED ON WHAT YOU'VE LEARNED, WHAT STRATEGIES CAN YOU IMPLEMENT TO
BUILD RESILIENCE AND HANDLE SIMILAR SITUATIONS IN THE FUTURE?





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REFLECTION

TAKE A MOMENT TO REFLECT ON WHAT YOU'VE LEARNED ABOUT YOUR EMOTIONAL TRIGGERS AND RESPONSES. HOW CAN THIS AWARENESS HELP YOU IN MANAGING YOUR EMOTIONS MORE EFFECTIVELY IN THE FUTURE?

