

# Assessment Worksheet

## Instructions

- Read each statement carefully.
- Rate how triggering you find the statement, using the scale provided.
- After completing the assessment, refer to the Scoring section to receive a summary that identifies your primary triggers.

### Remember:

- Consider the signs of being triggered, like mood swings, physical symptoms, feeling overwhelmed, losing control over emotions, the urge to escape, or feeling disconnected.
  - Reflect on how each statement aligns with these signs when evaluating your response.
- 

## Assessment Statements

Statement	Scale 1 (Not at All) - 5 (Extremely)
Someone interrupts you while you are talking.	
You are given feedback that you perceive as criticism.	
A close friend or family member ignores your calls or messages.	
Someone makes a derogatory comment about a group you identify with.	
You are running late for an important meeting or event.	
You are accused of something you didn't do.	
Your personal space is invaded.	
You are excluded from a social gathering.	
Someone dismisses or belittles your feelings or opinions.	
You have to wait in a long line or sit in traffic.	
<b>TOTAL</b>	

---

## Scoring

- 10-20: Low sensitivity to triggers. You may already have effective coping mechanisms.
  - 21-35: Moderate sensitivity to triggers. Some situations affect you more than others.
  - 36-50: High sensitivity to triggers. It may be beneficial to explore coping strategies.
- 

## Summary and Reflection

Based on your score, reflect on the insights into your emotional triggers. Consider potential strategies for managing them effectively. Use this section to jot down any thoughts, feelings, or actions you might want to take in response to your understanding of your triggers.