
CONFLICT TRIGGERS

Read the article “What are your conflict hooks?” by Tammy Lenski to learn about your personal hot buttons. <https://bit.ly/conflicthooks>



Reflection

Think of a past interaction where you had a conflict where you were emotionally triggered. Take some time to relive that experience and focus on what happened, who did what, and what you experienced (emotionally and physically). Think about what it feels like to you now.

Go through the conflict hooks from the Lenski article. Which hooks (if any) were most responsible for your reactions? Use the lines below to write a narrative of your experience and highlight the conflict triggers/hooks. Note: We will discuss our conflict triggers some in class. It might be helpful to think of a story that you are willing to share.

Some additional reflection questions to consider:

- How does it feel (emotionally and physically) when you experience a conflict trigger?
- What are your most common triggers?
- Is there a way to see triggers before they can hook you?
- How can you relax once you've been triggered?
- Are you able to recognize triggers in your coworkers, family, and friends?