

Emotional Triggers Chart

Complete this chart by recording any words, phrases, or details you hear that may be used as an emotional trigger (i.e., purposefully spoken to induce fear or anger). Also be listening for how specific words or phrases are said, as delivery often influences how words are interpreted. Record the emotion triggered by the words or phrases, as well as the speaker’s possible purpose for choosing those words.

	Word/Phrase Spoken	How Words Are Said	Emotional Response	Possible Purpose
1.				
2.				
3.				
4.				