

EMOTIONAL TRIGGER SCORECARD

What's Really Triggering You?

Discover the hidden pattern behind your reactions

A self-discovery guide to help you understand why you react the way you do in relationships, what it may be costing you, and what to work on first.

Inside this scorecard you will discover:

- your dominant trigger pattern
- how it shows up in relationships
- what it may be costing you
- the first area to work on using SCREEN

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Before You Begin

You are not too much. You are not broken. And you are not reacting this way for no reason.

When your emotions rise quickly in relationships, it can feel confusing, frustrating, and exhausting. One small comment turns into a big reaction. You feel hurt, shut down, defensive, misunderstood, or overwhelmed before you have had time to think.

But your reaction is rarely just about the moment. It is often connected to a deeper emotional pattern your mind and body have learned over time.

This scorecard will help you uncover your dominant trigger pattern so you can understand what is happening beneath the surface and what to work on first.



How to score yourself

For each statement, circle or note the score that fits you best.

1	2	3	4
Rarely	Sometimes	Often	Almost Always

Tip: answer based on how you usually feel in close relationships, especially under pressure or during conflict.

Your Scorecard Questions

Score each statement from 1 to 4, then total each section.

Section 1: The Rejection Trigger

1. I feel deeply affected when I think someone is ignoring me, pulling away, or emotionally disconnecting. **Score:** ____
2. I can quickly assume something is wrong in the relationship, even before I know the full truth. **Score:** ____
3. I become hurt, anxious, clingy, or reactive when I feel unimportant or unwanted. **Score:** ____
4. Silence, distance, or delayed replies can trigger strong emotional reactions in me. **Score:** ____

Section total	_____
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Section 2: The Disrespect Trigger

5. I react strongly when I feel dismissed, spoken down to, interrupted, or not taken seriously. **Score:** ____
6. I can become defensive or angry when I feel like someone is undermining me. **Score:** ____
7. Tone of voice affects me just as much as words, sometimes more. **Score:** ____
8. I struggle to stay calm when I feel judged, criticised, or made to feel small. **Score:** ____

Section total	_____
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Section 3: The Control Trigger

9. I feel frustrated or emotionally activated when things feel unpredictable or out of my control. **Score:** _____
10. I find it difficult when people do not communicate clearly or change plans suddenly. **Score:** _____
11. I can become tense, irritated, or overwhelmed when I feel powerless in a situation. **Score:** _____
12. I often feel safer when I know exactly what is happening and what to expect. **Score:** _____

Section total

Section 4: The Abandonment Trigger

13. I fear being left, replaced, forgotten, or emotionally abandoned. **Score:** _____
14. I can become overly emotional when I sense someone pulling away from me. **Score:** _____
15. I may overthink situations and create worst-case scenarios in relationships. **Score:** _____
16. I find it hard to relax when I do not feel secure in a relationship. **Score:** _____

Section total

Section 5: The Shame Trigger

17. I take mistakes or criticism very personally. **Score:** ____
18. When conflict happens, I can quickly feel like I am the problem or that I have failed. **Score:** ____
19. I sometimes shut down, withdraw, or become defensive because I feel exposed or inadequate. **Score:** ____
20. I can be hard on myself after emotional reactions or difficult conversations. **Score:** ____

Section total	_____
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Section 6: The Overwhelm Trigger

21. My emotions can rise so fast that I struggle to think clearly in the moment. **Score:** ____
22. When I am triggered, I may say things I regret, shut down, or lose control of my communication. **Score:** ____
23. I often feel emotionally overloaded in conflict or under pressure. **Score:** ____
24. I find it difficult to pause and regulate once I have been activated. **Score:** ____

Section total	_____
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Work Out Your Result

Your highest score is likely to be your dominant trigger pattern. If two scores are close, both may be shaping your reactions.

Remember: your trigger pattern is not your identity. It is feedback. It shows you where your nervous system still needs support, awareness, and new tools.

The Rejection Trigger

You are highly sensitive to signs of disconnection, exclusion, or emotional distance. Even small moments can feel much bigger internally because they tap into a deeper fear of not mattering.

How it often shows up

- overthinking other people's behaviour
- feeling hurt quickly
- reading into tone, silence, or distance
- becoming needy, reactive, or emotionally intense
- struggling to feel secure

What it may be costing you

- peace of mind
- emotional stability
- trust in relationships
- the ability to respond calmly
- connection

What to work on first

Learn to separate what is happening from what it means to your nervous system. Start by building self-awareness around the stories you attach to other people's behaviour.

The Disrespect Trigger

You are highly sensitive to feeling dismissed, criticised, overlooked, or spoken to in a way that feels belittling. Respect matters deeply to you, and when it feels threatened, your system reacts fast.

How it often shows up

- becoming defensive
- reacting strongly to tone
- feeling angry when misunderstood
- needing to prove your point
- struggling to stay open in conflict

What it may be costing you

- calm communication
- emotional closeness
- safety in conversations
- your influence in key moments
- the ability to feel heard without escalating

What to work on first

Learn how to regulate the emotional charge around perceived disrespect so you can communicate with strength, not reaction. Start with regulation before response.

The Control Trigger

You feel most activated when things are uncertain, unclear, inconsistent, or outside your control. Your nervous system may associate unpredictability with danger, making it hard to stay calm.

How it often shows up

- frustration when plans change
- anxiety when communication is unclear
- trying to control outcomes or conversations
- becoming irritated when things feel messy
- struggling to relax in uncertainty

What it may be costing you

- flexibility
- emotional ease
- trust in others
- deeper connection
- your ability to stay present

What to work on first

Learn how to create inner stability even when external certainty is missing. Start by strengthening emotional regulation in moments of uncertainty.

The Abandonment Trigger

You may carry a deep sensitivity to being left, forgotten, or emotionally dropped. This can make relationships feel emotionally high stakes, even when the threat is not actually present.

How it often shows up

- fear of people pulling away
- overthinking changes in behaviour
- becoming anxious or clingy
- struggling with reassurance gaps
- reacting strongly to emotional distance

What it may be costing you

- emotional security
- relational confidence
- trust
- calm thinking
- the ability to feel safe in connection

What to work on first

Learn how to create safety from within so your emotional world is not controlled by someone else's behaviour. Start with self-awareness and emotional safety.

The Shame Trigger

You are highly sensitive to feeling not good enough, wrong, exposed, or flawed. Conflict may not just feel uncomfortable - it may feel deeply personal.

How it often shows up

- shutting down after criticism
- feeling crushed by feedback
- becoming defensive to protect yourself
- replaying conversations afterwards
- being harsh on yourself

What it may be costing you

- confidence
- open communication
- emotional resilience
- healthy repair after conflict
- self-trust

What to work on first

Learn how to respond to yourself with awareness instead of self-attack. Start by building self-awareness and emotional resilience.

The Overwhelm Trigger

Your system may go into overload quickly, making it difficult to think clearly, stay grounded, or communicate intentionally when emotions rise.

How it often shows up

- exploding or shutting down
- feeling emotionally flooded
- struggling to slow yourself down
- saying things you regret
- difficulty staying present in hard conversations

What it may be costing you

- trust
- communication
- emotional control
- relationship stability
- your confidence in yourself

What to work on first

Learn how to regulate your emotional state before trying to solve the relationship issue. Start with a reliable pause-and-regulate process.

Your Next Step

Awareness creates choice. Choice creates change.

Once you can see the pattern, you can begin changing it. That is exactly what I help people do through my SCREEN Framework:

S	Self Awareness
C	Communication
R	Regulation
E	Empathy
E	Emotional Intelligence
N	New Connection

When you understand your triggers, regulate your emotions, and communicate with intention, everything changes. You stop repeating the same painful cycles and start building calmer, safer, stronger relationships.

Ready for your next step?
Visit www.mentaltoughnesscoaching.co.uk

MENTAL TOUGHNESS COACHING

Understand the pattern. Regulate the emotion. Change the relationship.

This scorecard is designed to create awareness, not shame. The goal is not to become emotionless - it is to become aware enough and regulated enough to stop letting old emotional patterns control your relationships.

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