



What are My Triggers?

Think of a time when you were surprisingly angry or your emotions seemed out of proportion.

Which of these needs triggered your feelings?

Status: Importance in relation to others, the perception of a potential or real reduction in status	
Certainty Ability to predict the future, fear of uncertainty, not knowing what is happening	
Autonomy (Control) Perception of control over one's environment, having a choice or say in what is happening	
Related (Connection) knowing whether friend or foe, belonging, fear of being alone or among enemies	
Fairness Clear expectations, results reflect actions—if you are good you get rewarded, bad punished. Transparency	

David Rock (Your Brain at Work) explains that in as well as survival needs (food, air, water, safety), there are 5 social needs. A threat or loss of any of these may create the same strong reaction as deprivation of survival needs. That's why we often "overreact".