



**THE SCHOOL**  
*of*  
**GREATNESS**  
**ACADEMY**

**Emotional Mapping**

**TRIGGER:**

**Occasion 1 Date:**

What happened:

How I reacted:

How I recovered:

**Occasion 2 Date:**

What happened:

How I reacted:

How I recovered:

**Occasion 3 Date:**

What happened:

How I reacted:

How I recovered:

Reflections on how these instances made you feel, what it might look like from another perspective, or thoughts on how to handle this trigger moving forward:

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