

## Understanding and Leaning into Your Emotional Triggers: The Science of Your Emotions and How the Brain Impacts Your Feelings

### 1. In the SCARF model, what's your biggest trigger?

1. Take some time to think through which of the SCARF triggers most resonate with you.
2. Then take the assessment: <https://neuroleadership.com/research/tools/nli-scarf-assessment/>

### 2. Build awareness on your emotional triggers: Take these 4 questions in a social setting (work, home); use it for both positive and negative feelings

1. At what moment did you feel triggered or uncomfortable? What was (or is) happening in that moment?
2. How did (do) you feel? Tune into your body and write out the feelings that come up for you. (Feelings = joy, discomfort, fear)
3. What thoughts are associated with these feelings?
4. Can you allow these feelings to move through you right now?

### 3. What did you learn? Share with the community.

