

Figure 9.9: Identification Guide for Emotional Triggers

Emotion that elicits a strong reaction: _____

When I feel this emotion, I act in the following way:

I react this way when I feel this emotion because:

In the past, when reacting to this emotion, the following negative results have occurred:

Outside of school, I feel this emotion when:

In school, I feel this emotion when:

In the future, the following events, times of year, or behaviors might trigger this emotion:

I can take the following steps to ensure this emotion doesn't negatively affect my interactions with students and colleagues:

Notes:

Source: Adapted from Marzano Research. (2016). Marzano compendium of instructional strategies. Centennial, CO: Author.