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Working with Triggers...

What Triggered Me?

01. I felt excluded.
02. I felt powerless.
03. I felt unheard.
04. I felt scolded.
05. I felt judged.
06. I felt blamed.
07. I felt disrespected.
08. I felt a lack of affection.
09. I felt uncared for.
10. I felt lonely.
11. I felt ignored.
12. I felt like I couldn't be honest.
13. I felt like the bad buy.
14. I felt forgotten.
15. I felt unsafe.
16. I felt unloved.
17. I felt like that was unfair.
18. I felt frustrated.
19. I felt disconnected.
20. I felt trapped.
21. I felt a lack of passion.
22. I felt like I couldn't speak up.
23. I felt manipulated.
24. I felt controlled.