

# Right-Brain Restorative Worksheet

**Instructions:** This capacity building worksheet is meant to help YOU identify what *triggered* your reaction. Understanding your triggers and how they influence your behavior will help you appropriately process them and develop strategies.

1. What are the “triggers”? In other words, what upsets you?
2. What coping strategies or mechanisms can you use to help you regulate your behavior (i.e., belly breathing, writing about how you feel, asking for a break, etc.)?
3. Do you feel supported? Who is part of your support system (i.e., friend, counselor, parent, teacher, etc.)?
4. To what would you like to keep yourself accountable? How will you keep yourself accountable?
5. What has this experience taught you?