

## Self-Reflective Questions for Daily Triggers and Emotions

1. What triggers my stress or anxiety today?
2. How do I feel in this moment?
3. What emotion do I notice recurring throughout my day?
4. How do I react when I feel overwhelmed?
5. What situations make me feel most frustrated?
6. How do I respond to minor setbacks?
7. What emotions do I avoid, and why?
8. How do I handle moments of anger or irritation?
9. What triggers my feelings of inadequacy?
10. How do I feel about my interactions with others today?
11. What small things have affected my mood today?
12. How do I comfort myself when I feel down?
13. What patterns do I notice in my emotional reactions?
14. How do I handle feelings of jealousy or envy?
15. What helps me regain my composure during emotional upheavals?
16. How do I process unexpected changes?
17. What internal messages do I tell myself during stressful times?
18. How do I express my emotions to others?
19. What are my common responses to feelings of rejection?
20. How do I address and soothe my feelings of insecurity?

## Questions for Reflecting on Relationships and Accountability

1. How do I contribute to conflicts in my relationships?
2. What patterns do I notice in how I interact with others?
3. How do I handle disagreements with loved ones?
4. What triggers my reactions in conversations with others?
5. How do I show empathy and understanding in my relationships?
6. What are my expectations of others, and are they realistic?
7. How do I take responsibility for my mistakes?
8. What can I do to improve my communication with others?
9. How do I react when someone points out my flaws?
10. What role do I play in maintaining or resolving relationship issues?
11. How do I express appreciation and gratitude to those around me?
12. What actions can I take to be more supportive of others?
13. How do I handle feedback or criticism from people I care about?
14. What are my own boundaries, and how do I respect others' boundaries?
15. How do I acknowledge and address my own biases or judgments?
16. What steps do I take to mend relationships after a disagreement?
17. How do I balance my needs with the needs of others?
18. How do I show accountability for my impact on others?
19. What can I learn from my interactions with others?
20. How do I ensure I am treating others as I would like to be treated?