

# Emotional Triggers



**Level: Level One**

In successfully completing this unit, the learner will have	Evidence needed
<b>shown knowledge of</b> 1. the meaning of the term 'trigger'	Student completed work
2. at least two ways a person might respond to a trigger	Student completed work
3. how sound can be a trigger and can give an example	Student completed work
<b>demonstrated the ability to</b> 4. outline the main emotional triggers that can cause people to react	Student completed work
5. show that every action can have consequences, by giving at least two examples	Student completed work
6. outline at least two ways to avoid responding negatively to a potential trigger.	Student completed work

**Approved 31 Oct 2019**