

## Handout: Managing Digital Triggers

Digital interactions can provoke strong emotions and impact your well-being. Recognizing your triggers and planning intentional responses can reduce their emotional impact, promoting healthier engagement with technology.

Use the table below to review moments when a digital interaction may cause a negative emotional response. Note what happened, how it made you feel, and what you can do differently next time.

Trigger Examples	Emotion	Planned Response
You see an ex's post on social media.	Jealousy, insecurity	Unfollow the account, practice deep breathing, and focus on positive self-talk.
Your partner doesn't respond to a text quickly.	Anxiety, fear of abandonment	Remind yourself that they may be busy, distract yourself with a calming activity, and set a communication expectation.
You only get a few likes on your post.	Self-doubt, feeling unimportant	Limit checking social media, practice gratitude for nondigital validation, engage in an offline hobby.
You see a photo of your friends, who went to an event without you.	Feeling left out, loneliness	Reach out to a friend for connection, plan your own social activity, practice mindfulness.
Your partner compliments someone else online.	Jealousy, insecurity	Discuss your feelings with your partner, practice self-compassion, affirm your own worth.
You see others' achievements in an online post.	Envy, inadequacy	List your own accomplishments, unfollow accounts that trigger envy, focus on your personal goals.
A user posts a negative comment on your post.	Anger, hurt	Avoid immediate reaction, practice deep breathing, respond calmly or ignore, affirm your self-worth.
Your partner spends more time on their phone than with you.	Neglect, frustration	Have an open conversation about tech boundaries, suggest a tech-free activity, focus on quality time together.
You see ads or posts about body image.	Body dissatisfaction, low self-esteem	Unfollow triggering accounts, practice body positivity affirmations, engage in physical activity you enjoy.
You witness online arguments or conflicts.	Stress, anxiety	Avoid engaging, take a break from social media, practice grounding techniques.