CYCLE OF AN EMOTION

6. Aftereffects: I feel guilty because I send her out a lot and I know I shouldn't be so triggered.

1. Prompting event: Student rolled her eyes at me.

5. Action: I write her a referral and send her to the office.

2. Interpretation: That's a sign of disrespect; she's always rude to me I have to maintain high standards for behaivor

4. Urge to Act: I want to curse at her.

3. Physical Response: Hands tremble, breathing shallows

