



Transforming Trough Triggers An Opportunity for Healing & Transformation

From a Transpersonal Psychology perspective, Relationships are for communion and evolution. We are spiritually, emotionally, and energetically drawn to people who have corresponding wounds that are bound to trigger us so that we have the opportunity to look at and heal the wounds that are underneath the trigger.

It's A Gift!

In fact, any time we are “triggered” emotionally, it is a sign that our wounds have been touched.

Anger is a protection mechanism for our Vulnerable Feelings of hurt.

How do Anger & Upset Triggers work?

It starts with Neuroception and Perception. These have to do with the way our body and nervous system pick up on unspoken, energetic, behavioural, and verbal signals from others.

Our perception filters are made up of beliefs (& states associated with them). Beliefs we have about ourselves and the world that were formed very early in our life based on nurturing or painful experiences.

Some Healthy examples of these beliefs are, (a connected open state)

“I am lovable,”

“I am capable,” “My voice makes a difference in this world.”

Unhealthy examples of these beliefs are, (a disconnected contracted state)

“I am unworthy of Love,” “I don't matter,”

“I am not good enough”



We are always *unconsciously looking for evidence* of these unhealthy beliefs so we can *guard against experiencing the pain associated with them*

Perception always works as a filter - we notice what we are seeking and don't notice what we are not seeking.

Our Early experiences and what we make them mean form a very powerful perception filter or lens - We are actually unconsciously looking to *prove* our unhealthy, (UNTRUE), limiting beliefs!

Our beliefs about ourselves are always formed in connection with someone, usually our parents or caregivers, and it is through **vulnerability in connection with another** (& deep connection with Self) that we can Transform these limiting beliefs.

When we hold compassionate space for our vulnerable self, the painful feelings & difficult experiences that contributed to forming the limiting beliefs, **we can choose to make a new decision, embracing a deeper truth about ourselves & the world. We are the ones who create meaning from our experience. We can embrace freeing, empowering beliefs & breath into the states that go with them (like: I am worthy of Love).**

Over time, as we re-enforce this, our perception & experience of the world will Transform. We will become less reactive & more clear, connected, & creative.

Connecting with someone who wants to support us compassionately in this, is a Sacred act of Power for both people.

“We are worthy of Love!”