

Steps for Dealing with Triggers

A Trigger has Transpired... When you're beginning to feel upset or angry...

1. Pause & Take a deep breath, breath into the infinite space between the breaths, pause there with your breath open, relax as you exhale...

Remember: Anger comes up to protect against feeling the feelings that come up when old wounds are "touched on". You are seeing distortedly - through the eyes of the past.

2. Contain: your reactivity / attack, blame, defensiveness, etc. - don't act out of it.

Remember: you don't want to act out of anger & cause more suffering.

3. Tolerate: Feelings can be scary but the truth is feelings won't kill us. Emotions intensify when we make them mean something. **Get comfortable in the Unknown.**

Locate & Be With the vulnerable feelings. Breath, relax, & build your Emotional Tolerance Muscle. *Build Emotional Capacity.*

Connect with your inner Witness,

Breath, & Body: As soon as you use your attention to witness yourself and your intention to call upon calm and compassion, your brain and body chemistry will start to change. **If the feelings are super intense & hard to Contain - Pause, Breath, Take a Time Out (& do the steps below alone, taking more time to Re-Source, then return with clarity instead of blame).*

4. Re-Source: Re-connect to Source & Self through your Breath & Ground by bending your knees, relaxing your ankles, and feeling the earth through your feet and body. **Remember:** Calming is needed for the thinking part of your brain to function. **Come into Compassion & Curiosity so you can Reflect & create deeper Clarity.**

5. Reflect (not Retaliate): with Identify your: 1. Defence behaviour/thoughts, 2. Vulnerable Feelings & "just like when's" / (earliest memories of times you felt like this before), 3. Limiting beliefs (Ex: I'm not good enough) 4. Transform Limiting Beliefs through Remembering the Truth (Ex: I am good enough as I am) and breathing it into your heart. 5. Consider Feelings & Needs *(*For more in depth reflection see 14 Step Reflective Process Page)*

Curious Compassionate Reflection prepares you to:

6. Communicate responsibly with:

Conscious Hearted Communication

With time & practice this will all come with greater ease & the "trigger" will soften & lose intensity as you bring Love to the hurting parts of yourself.