

Working with Triggers

Settle into a quiet place. Set aside this time to reflect and bring your awareness to the triggers that pull you off track and overtake your emotional responses.

Understanding the root of what triggers you increases your self-awareness, improves your Emotional Intelligence (EQ) and gives you the power to choose your responses.

This practice can also shift how others respond to you and transform your relationships.

List the most recent and relevant 20 times you've been perturbed (*mild disruption or discomfort*) or lost your composure - at home, work, in the community in the past few months.



As you review the list, notice how you experience yourself. Spend a few moments here. Feel into your responses.

Thoughts about myself including any justifications and/or self-recriminations.

Emotions that rise up as I review these events and exchanges.

Physical sensations I'm feeling such as tension, release, tightness or temperature.

Actions I'm glad I took or wish I'd have taken instead.



Group your responses together with respect to repeating triggers.

For example: criticism, loss of control, a certain kind of person, fear, money, authority, uncertainty, integrity, etc.

Identify and name three to five groupings.

For example: family, work, dealing-with-the-boss, politics, neighbors, etc.



Bring your curiosity to each of the groupings. Ask yourself the following:

What is it about each area that pulls me off? For example: Need to be 'right?' There's a right way to do X? Losing face? Fear of being hurt? Losing something or someone?

How would I prefer to respond to the above?

How much time (and focus) would I get back if I decreased time being triggered?

What kind of support do I need to shift out of my triggered reactions?

I will decrease being triggered and increase more effective responses by...

