



I'm TRIGGERED! Pocket Guide

Step 1: Stop.

Don't make decisions!

Excuse yourself or ask for a time out (self-responsibility is very empowering)

BREATHE with two short inhales and one long exhale.

Step 2: Locate

Locate three objects, preferably that are related to nature or that represent the current time and space.

Keeping the eyes moving creates a presence that can reduce the reactive fight, flight, or freeze response.

BREATHE with two short inhales and one long exhale.

Step 3: Identify

Identify your well-wishers-helpful people.

Giving the mind the remembrance of allies is positive, which may counteract the negative experience.

BREATHE with 1 long, slow, deep inhale, and a slow exhale.

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Step 4: Explore

What's the primary feeling you're having?

(Write it down, so you don't get distracted by your mind maze)

If you use your smartphone, this will create a timestamp for the note, which is excellent for tracking patterns.

BREATHE with one long, slow, deep inhale, and one slow exhale.

Step 5: Discover

Identify your trigger down to the simplest form.

Was it a smell, sound, taste, thought, word, touch, something you saw, or body language? (Write it down)

BREATHE with two quick inhales and one slow exhale.

Step 6: Get Big

Get big, real big. Imagine you're so big that you have a 360-degree view of the part of you that's triggered.

You're now the Guardian of that triggered aspect. At first, it's helpful to imagine a big you and a small you.

BREATHE with long, slow inhales and exhales.

Step 7: Heal

As you witness the triggered, small version of yourself feeling _____ triggered by _____, What wis-dom and healing does this version of you need?

How can you offer safety and security so that the higher wisdom from the Guardian or big you will be heard by the small you?

You're essentially building trust with this aspect of your-self and taking full guardianship, which includes show-ing them a bigger picture, a different perspective with the love and protection they need to feel safe. Remember to make them a promise that you're taking full responsibility and won't abandon them. If you miss this step, it may be difficult for integration to begin. **BREATHE** with long, slow inhales and exhales.

Step 8: Integrate

Healing has happened, and it's time to integrate the dis-connected, healed aspect with the present and evolved version of yourself.

BREATHE deeply as you observe this union happening.

Step 9: Test

Imagine you're back in the place where you began, trig-gered by _____ and feeling _____.

Do you get triggered by this?

If yes, repeat steps 1-8. If not, move to step 10.

Step 10: Relate

This is where you get to know the upgraded version of yourself.

You tested your work and upgraded from being triggered to being empowered.

You may relate differently, be open to possibilities, and try not to put limitations on yourself.

Take yourself on a date to get to know the new you.

Congratulations, you did it. CELEBRATE!!!!