

# The Trigger Method

## What to do when you're emotionally triggered

You were triggered and flooded with emotions. What do you do now? At some point after the trigger, not during it, try out the Trigger Method:

1. Begin to **think** about the triggering event in detail, and try to put yourself back in that moment.
2. **Let go** of the other person and what they said and did; turn inside and tune into yourself.
3. As feelings come up, try to **notice** where in the body you feel it, and keep your focus there.
4. Now, let your eyes move across the lists of feelings and mentally note, or write down, the **words** the jump out as matching and naming your feelings (skip any words you don't know and don't over think each word – either yes or no, and move on).

### •UNCOMFORTABLE FEELINGS•

**Mild:** unpopular, moody, lethargic, gloomy, dismal, discontented, tired, indifferent, unsure, impatient, dependent, unimportant, regretful, bashful, puzzled, self-conscious, edgy, upset, reluctant, timid, mixed-up, sullen, provoked

**Moderate:** suspicious, envious, enmity, aversion, dejected, unhappy, bored, forlorn, disappointed, wearied, inadequate, ineffectual, helpless, resigned, apathetic, shy, uncomfortable, baffled, confused, nervous, tempted, tense, worried, perplexed, troubled, disdainful, contemptuous, alarmed, annoyed, provoked

**Strong:** disgusted, resentful, bitter, detested, fed-up, frustrated, sad, depressed, sick, dissatisfied, fatigued, worn-out, useless, weak, hopeless, forlorn, rejected, guilty, embarrassed, inhibited, bewildered, frightened, anxious, dismayed, apprehensive, disturbed, antagonistic, vengeful, indignant, mad, torn

**Intense:** hate, unloved, despised, angry, hurt, miserable, pain, lonely, worthless, impotent, futile, abandoned, estranged, degraded, humiliated, shocked, panicky, trapped, horrified, afraid, scared, terrified, threatened, infuriated, furious, exhausted

<b>Points to Consider:</b>	Were your words generally more towards the intense side or the mild side?
	Notice any patterns or related and connected words?
	Anything surprise you about the words you picked?
	Was it hard to accept/admit that you were feeling those feeling words?

Process a trigger each day. It takes a minute to go through the chart. If that's too much: pick one word from each group, or one word from the whole chart, or ask yourself, "What was I feeling?" *The main thing is to tune into that inner kid.* The more you do that, the more you give validation and unconditional acceptance – the very things that kid has long needed, gone without, and that holds the key to all the changes you want to see in your life.