

Trigger Process

I felt triggered when _____. (Take your time to work out exactly what triggered you. It may be a complicated situation, so take your time to pinpoint what really set you off.)

When _____ did/said _____ I felt _____. (There may be several emotions, take the time to honor them.)

What I made up about it is _____. (Do this as many times as you need to. Really let your part go for it and express everything they need to.)

At some point the rant leaves the present and gets aimed at somebody in the past. Keep letting your part express him/herself. Do this until you're clear that there is no more left. Make sure your part got to express everything.

Write a statement beginning with, "And what I know to be true is ..." and fill in what your trigger is really about.

Then look back and read what you wrote. This is a really good time to step into your adult Self. You may feel surprised by what came up or it may have been obvious before you started.

Thank your part for giving you this information and validate their feelings. Reassure them that how they felt is perfectly normal considering their situation. Let them tell you what they would like you to do from there in order to nurture them.