

Triggers

* Recognize and Respond *

Recognize Trigger: triggering situation, thought, emotion, and body sensation that led to the problematic response:

- Name it! What would you refer to this trigger as? For example “anger trigger”

Respond to Trigger: Think about your values and what is most important to you. How do you want to respond when you are practicing being your best self?

- What difference would changing your response to your trigger have?

* Noticing triggers is a life skill! We don't get to choose if we have triggers, but we can choose how we respond and interact with our triggers.