

# THE 6 STEPS I TAKE TO WORK THROUGH EMOTIONAL TRIGGERS



## Step One - Awareness

I first have to know and understand that I have been triggered. I am very connected to my body when it comes to certain emotions. Recently I had an experience while reading an email my cheeks flushed and my stomach flipped over and began churning. This is what I have come to identify as a CHARGE. The emotions generated a big surge of energy into my body.

*Practicing Step Ten consistently will help develop this awareness.*

# MY PROCESS

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### Step Two - Release Some of the Charge

A few ways a charge in the body can be released is through the arms, legs, and mouth. My first step when the charge becomes high is to reach out and begin a dialogue with others about the charged situation. I do this first to protect my recovery. For me, I need to let others know when I get thrown off the beam because I am vulnerable while in that state.

*Building a strong recovery network is key to this step.*

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## Step Three - B R E A T H E

This is happening immediately but once the charge begins to lessen in intensity I can tap into the breath with mindfulness and deeper focus. This helps to calm my nervous system and bring me back into a more logical thought process. For me steps one through three happen within the first hours of the trigger.

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## Step Four - Feel the Feelings

Now that I am in a place where I feel connected to my support network and have lowered the charge physically I can begin to allow myself to sit with some of the feelings. I try not to label the feelings, not be afraid of how they feel, and just FEEL.

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## Step Five - Moving the Charge Out

Using my favorite tools I will work to move that energy out. Those tools for further release include prayer, handwritten journaling, tapping (EFT), energetic breathwork, and yoga practices. The intensity of the charge will often dictate which tools I will pull in.

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## Step Six - Continued Learning

I choose to look at every event as an opportunity for growth. Some triggers don't happen often enough to learn to move through them quickly. Other triggers that are smaller and happen more frequently give me the ability to sharpen the process and move through it in a very short time so not much energy is given to it. Every small trigger builds my skills to better manage the bigger one.

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For me, steps four through six can happen quickly or over several days.

I hope you will be able to use some part of my process to support your own triggered emotions.

Yours in love and service,

*Gwen R.*