

Trigger Training

What is a Trigger?

A trigger is an emotional flashback of a traumatic event that previously happened. It feels like an emotional hijacking where you start experiencing the same emotions and feelings you had from a painful experience in your past.

Describe an emotional flashback you have experienced:

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Why Triggers Happen

Triggers happen because we have unresolved pain and trauma that needs to come out. They are an invitation for love to come in.

What is your “why” for wanting to work through your triggers?

Triggers are Good

What has your experience been when a trigger comes up? Does your reaction feel good or does it feel bad?

After learning that triggers are a revealer of an area in your heart that needs love and compassion, does that change how you see a trigger?

What are your Triggers?

4 Trauma Responses:

Fight: _____

Flight: _____

Fawn: _____

Freeze: _____

What are your primary trigger responses?

What are some common triggers for you?

Think about people, environments, things, situations, words, etc.

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. At the bottom of the page, there are three additional lines that appear to be part of a footer or a separate section, separated from the main body of the page by a small gap.

Self Compassion

“Triggers are supposed to be opportunities for healing, transformation, and for redemption in your life.”

Words of Compassion:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.

What has your experience been like with self- compassion? Is it hard for you to have compassion for yourself? What beliefs come up?

How to Walk Through a Trigger

Sammi and Spencer talked about how we know we are triggered in moments when we have a big reaction, big shutdown, or when we see common themes and problems in our lives.

Describe a memory that you had a big reaction or big shutdown like that:

Mapping Out a Trigger

- Make some space for yourself, get present, get in a safe space, take a deep breath, and put your hand on your heart.
- Ask yourself these questions:
 - What am I feeling?
 - When did I start feeling like this?
 - What does it remind me of?
 - How old do I feel right now?
- Apply Compassion to the memory/ version of yourself that comes up.
- Clean-up the mess

Circle any of the feelings that resonate with your heart:

Loneliness

Confused

Hurt

Powerless

Not Worthy

Not cared for

Discouraged

Sad

Rejected

Inadequate

Frustrated

Not important

Dismissed

Disappointed

Scared

Sad

Hopeless

Angry

Not valued

Insecure

Resentful

Feelings Wheel

