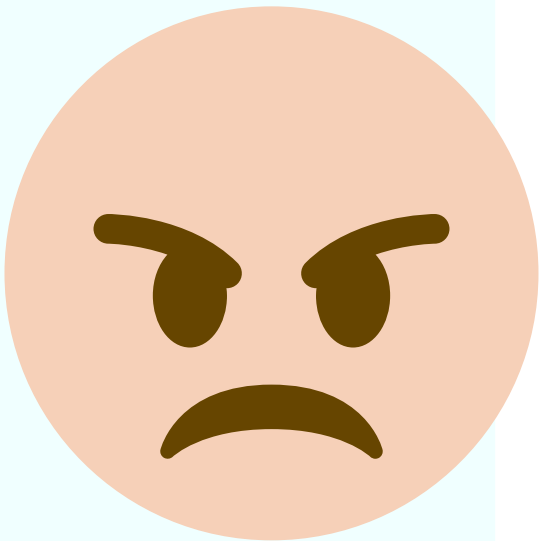


4 Steps to Process a Trigger



Recognize the signs that you are triggered

- Raise in heart and breathing rate
- Inability to focus
- Feeling shocked and/or angry

Remove yourself from the triggering situation

Excuse yourself, and go to another room as soon as possible.



Neutralize the trigger through crying, exercise/movement, or by stimulating the vagus nerve:

- chest thumping
- gargling
- breathing in through the nose/out through the mouth as if you're breathing through a straw

Journal prompts to find the root of the trigger:

- When have I felt this way before in my life?
- What is the earliest memory I have of feeling this way?
- Why did that experience make me feel this way?

