

When You're Triggered: Two Paths to Move Forward

What is a trigger?

A trigger is ...

an action or situation that can lead to an adverse emotional reaction.

Triggers can be powerful doorways to gain insight into places within you that are wounded, disempowered, and keep you stuck in automatic and reactive cycles. Living from a place of self-awareness and proactive choices means you are in your power and advocating for yourself, rather than giving into others needs and expectations.

But you don't always need to be choosing the "work" of moving through triggers in such a conscious and active way. The past few years on my own journey, I have experienced how healing and clearing of old patterns, beliefs, and wounds can occur subconsciously without the need for me to "work" at it.

Here I've put together two paths - the Engage Path and the Allow Path. You can choose in each moment which path honors your needs in that moment.

On the next page, you'll find some tips on when and how to use each path.



The Two Paths

Engage

When this path might be good for you.

- You feel grounded enough to be with what's coming up
- You notice a pattern that keeps repeating
- You feel curious about what's underneath the reaction

What this can look like:

- Pausing and naming what you're feeling
- Journaling or reflecting on what was triggered
- Asking yourself what belief or story is being activated (looking at your self-talk can be helpful here)
- Noticing where you may not be standing in your power
- Choosing a different response instead of reacting automatically
- Exploring what it true and what you are assuming

Allow

When this might be good for you

- You feel overwhelmed or emotionally tired
- You notice yourself looping in your thoughts or feeling trapped in them
- You don't have the capacity to go deeper right now

What this can look like:

- Acknowledging the trigger without analyzing it
- Naming it and giving yourself space
- Taking a few breaths and stepping away
- Choosing rest instead of trying to figure it out
- Letting it be there without needing to change it
- Telling the universe, your higher self, your guides/guardian angels you are open to accepting their help

You don't have to do both. You don't have to do it perfectly. You just have to choose what you need right now.

