



# Getting Acquainted with Your Triggers

Stacie Shifflett

Consciousness Coach™  
International Best-Selling Author  
Entrepreneur  
Speaker



To begin, identify three situations that consistently trigger a stress response or a negative emotion in your life. These can range, for example, from angry outbursts directed at others or situations that invoke strong negative emotions such as helplessness or feeling unwanted or unneeded. You will then answer a series of questions for each trigger that you have identified.

Set aside some time in a quiet space to fully receive the benefit of this practice. It's even better if you can take a few deep inhales and exhales first to calm your nervous system and settle into a contemplative space. **Remember, it's just you. Be honest, compassionate, and vulnerable with yourself.**

My Trigger:

Situation

1. What is happening in this situation?

2. What are the strongest emotions you feel when this occurs?

3. What are your most prominent thoughts when this happens?

4. Who do you criticize during these events?

5. What is that criticism?

6. Can you identify a particular 'thing' or 'things' within the situation that triggered you? The one that tipped you into a strong emotion?

7. How often does this occur?

8. Does a memory come to mind when this happens?

Situation

9. If there are others involved, what were they doing when this happened?

10. What were you doing?

11. What do others contribute to this situation?

12. What do you contribute to this situation?

13. Do you gain any benefit from this? If so, what benefit? (e.g., the other person backs down and I get my way)

14. Does this situation cause you to feel emotional pain? If so, can you name the hurt?

15. Do these situations cause you to inflict emotional pain? And, if so, on who? Is that something you want to do?

16. If you could, what would you change about these situations?

Situation

17. What would you change about others involved?

18. What would you change about yourself?

19. If there are others involved, can you view the situation from their perspective? What would they say?

20. Do you feel that you are functioning as your best self at these times?

21. How would your best self react or interact in these situations?

22. What can you do in the future, with conscious thought and awareness, to change these situations?

The benefit of contemplating the answers to these questions can be enormous, especially if you really dig deep. Let me know how it goes or if you had any 'aha' moments by messaging me on Facebook or sending an email!