

THE TRIGGER ACTION GUIDE

Feel it. Name it. Reclaim your power.



Why Do I Keep Getting Triggered?

Emotional triggers are like alarms. They go off when something touches an unresolved wound, belief, or boundary.

They can feel overwhelming and lead to sudden anger, shame spirals, emotional shutdown.

The good news is:
When you learn how to decode your triggers, you unlock more peace, presence, and power.

This guide will show you:

- ➡ What a trigger actually is
- ➡ Common examples
- ➡ 5-step Trigger Reflection Tool
- ➡ A journaling page to shift with compassion



What is a Trigger?

A trigger is an emotional reaction to a current event that's connected to a past wound.

It's often fast, intense, and out of proportion to the moment.

Examples

- ➡ Your partner ignores your text → you feel invisible and furious
- ➡ Your boss gives vague feedback → you spiral into shame
- ➡ A friend cancels plans → you feel rejected and abandoned

Triggers aren't bad. They're just signs pointing to an old wound that needs attention.



5 Steps to Diffuse a Trigger

The CLEAR Method

Use this when you're activated emotionally, mentally, or physically.

C – CATCH

“I’m triggered.”

Name it to interrupt the autopilot reaction.

L – LOCATE

What physical sensations do you notice?

Tight throat, racing heart, heat in your chest, knot in your stomach?

E – EXPLORE

What belief or past experience is this reminding you of? What story are you telling yourself right now?

A – ACKNOWLEDGE

Validate the feeling (not the reaction) and show yourself compassion. You’re allowed to feel this way.

R – RESPOND

What do I need at this moment? A pause? A breath? A boundary? Choose your next move from presence instead of panic.



Trigger Reflection Journal Page

What happened?

What did I feel physically, and where?

What story did I make up about it?

What's a more empowering way to look at it?

What do I need right now?



You Don't Need to Fear Your Triggers.

You just need to recognize and understand them.

The more you slow down and get curious, the less control they have over you.

If you're ready to continue your expansion and connect with yourself more deeply, schedule an intro call and let's get started.

<https://www.dragonpathcoaching.com/coaching>

Gratefully,
Trish ♥

