

FROM REACTING TO RESPONDING

1.TOOL

Trigger-to-Truth Technique™

2. CONCEPT RECAP

Pause the trigger, name what's happening, insert scripture, then respond from intention instead of reactivity.

3. JOURNAL PROMPT

What triggered me today,
and what truth could
interrupt it next time?

4. SCRIPTURE

*"The Lord is my helper; I will not
be afraid." — Hebrews 13:6*

5. AFFIRMATION

I pause. I breathe. I respond
with wisdom and peace.

6. MICRO-ACTION

Use the Trigger-to-Truth
flow in one real moment
today.