

Trash Those Tricky Triggers

Triggers. Buttons. *Those people.* *Those situations.*

You know — those things you react to in the blink of an eye. You've witnessed the crazy. Come on, you've done the crazy. Why all the crazy? Can't everyone just act like adults please?!

You know better, yet find yourself doing *the opposite of what you KNOW.*

What if the whole idea of buttons to be pushed and triggers to be set off is only a reality because there is something **inside you** to be pushed and set off?

What if you were able to get to the root of what's really bothering you? Just now several annoying people and situations popped into your mind. There's no way to **NOT** be triggered by them. It's maddening and I believe you. *The problem is, it's only a half truth - it's not the full complete picture.*

What if those people - those situations - are actually opportunities for you? Dare it even be a gift? Ok, *stop rolling your eyes and yelling...just hang in there for a minute.*

What if the problem is a "seeing issue?" Meaning, you *just haven't been able to see* another way to **engage with them.**

All people have trigger troubles. On some level - with some people - with some situations. It's part of our humanity. Navigating those triggers in *your particular way* becomes *your engrained way of being.* A slight shift can help you recognize and cultivate the missing skill that changes everything.

It's actually so simple that it typically gets missed. What is this skill, you ask?

Curiosity.

Curiosity is absolutely pivotal because it opens up a whole new way of looking at something. In this case, your trigger habits. As in, cultivating curiosity on all the levels, in all the ways, in all the things.

What if you *could learn a new way of engaging*? What if there was a **helpful strategy to eradicate the trigger**?

We're here to tell you, curiosity is that strategy.

Here's what some curiosity can look like in action...

Pause. Take a step back. Ask yourself what are you actually feeling? Where else have you felt this feeling? What's really going on?

And if your answers are all about them - she's just ridiculous and he disrespected me - then it's time to dig deeper about yourself.

- What about her ridiculousness bothers you the most? Why?
- What about his disrespect got under your skin the most? Why?
- Where else in life have you felt bothered like this?

These are clues to what triggers you and why. You may be able to rattle off all the clues: the what, when, where, why and how this came about for you. You may have some clues but it gets fuzzy fast. Or you may have no clue. Regardless of where you are with your clues, it looks like you're not getting beyond them.

The triggers still have a hold.

When someone steps on them, the ugly happens. And later you have feelings about it. You rattle off quick contradictions - you didn't have a choice, you're over it, they deserved it, you should apologize and make it right, you're done, you think about making a pact you'll never let it get to you like this again and yet, somehow it keeps replaying itself again and again in your mind, just swirling around.

Pause. Be still.

There are clues and answers to be found. But you can't hear them with all the noise.

So right now why don't you take two minutes and play along:

Close your eyes and breathe deeply

Breathe in for a count of four where your belly goes out as it fills with air

Hold for one

Exhale for the count of four as your belly deflates

Do it again. *Once more*. Probably once more...

Now ask yourself...

No over thinking - just whatever pops into your mind:

- What about this issue is a repeat offender - those things that keep happening?
- What's really bothering you?
- What does it threaten in you?

Jot down your answers. Add to them over the next few days as other things come to your mind. Then tomorrow (or later today) take another two minutes to pause. Be still. And revisit those answers.

- What do you feel now?
- What would you like to do? Or not do?
- What do you want to say? To whom?

Discovering the theme in play - what's holding you back from doing what you *actually* want - is key to trashing those triggers. And curiosity is your greatest ally to discovery.



It's actually pretty uncommon for people to pause and reflect.

It's a noisy world out there. It's a noisy world in you, too. Ponder what a little "shhhhh" could do for you. For your organization. What would it look like for you? What would it look like for your organization?

Imagine coming to terms with your triggers. Seriously, not being triggered?!

You've got this.

Pause and ponder.

Be Still.

Think and Link.

Relinquish those triggers.

If you found any part of this process challenging...

And you'd like to see how we can work together to create a framework that works best for you, contact us.