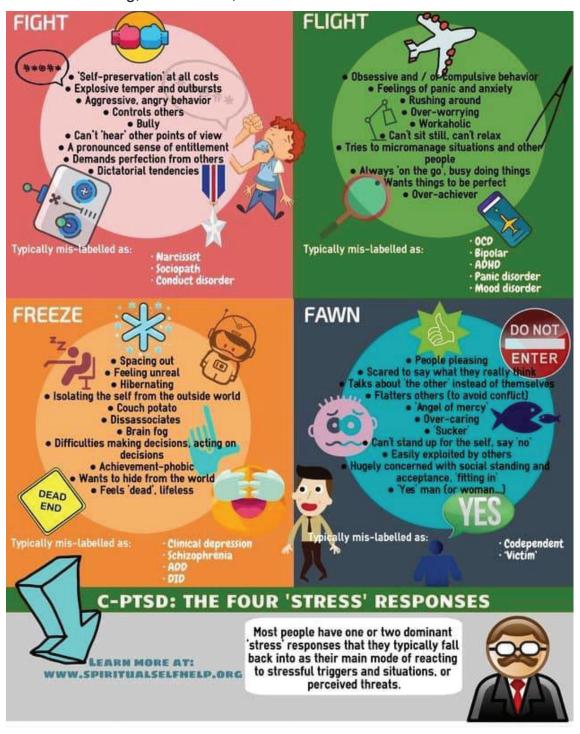
## Arggghh!!! I'm triggered!!!!!!

Once stress reaches a person's threshhold, the amygdala, which is responsibile for survival takes over, and rational thinking goes out the door and the more reactive tendencies towards fight, flight, and freeze rise quickly to the surface. If you notice you are unable to feel care for other person, you have lost your ability to resolve conflict in a win/win manner. At this point it is best to take a break and do some self-care.

Start by taking a "Connected Time-Out" asap. Then try some of the ideas listed on the next page. Once you have sufficiently calmed down, you can pull out your "Challenging Situation Worksheet" and follow the steps to prepare yourself before trying to re-enter the conversation. When you re-enter the conversation, remember to take it slow, and seek first and foremost to build mutual understanding, mutual care, and mutual commitment to find the best win/win possible.



When triggered, the underlying needs is always for safety to feel physically and emotionally safe.