

Self-Care and Self-Sourcing when Triggered

These steps are vital for helping you self-connect, self-manage, and self-regulate when you are triggered. Embracing this practice can transform triggered battles into connected conversations, bringing you closer instead of driving a wedge between you.

1. **CATCH YOURSELF EARLY:** Commit to begin noticing your triggers sooner: Pause and close your eyes at the first subtle signs of irritation, agitation, or uncomfortable emotions.
2. **SLOW DOWN:** Take a long, slow, breath: inhale then exhale fully.
3. **SELF-CONNECT:**
 - **Rate yourself.** Ask yourself: *How triggered am I on a scale of 1 to 10?*
 - **Ground and center.** Feel your feet and drop your energy down toward the Earth.
 - **Go inside.** Acknowledge your feelings and unmet needs. (See “Emotions When your Needs/Values/Longings are Not Satisfied” and “Universal Needs/Longings/Values/ Desires.”)
 - **Give yourself empathy.** Offer understanding, reassurance, and affirmation to the one inside yourself—the inner child who needs more care and love. Bring your hands to your body, connecting to you own unique source. Breathe love, light, and compassion into your heart center. Feel free to engage in any self-connection techniques or meditations that support you.
 - **Appreciate yourself.** Take a moment to celebrate yourself for taking the time to love and honor this part of you.
 - **Cultivate Character Strengths.** Contemplate new ways of responding. Ask yourself: *What character strengths can I bring to this situation?* (See “Virtues: The Gifts of Character.”)

“If you approach another person with attacking, judgmental, or fearful energy and words, you will NOT get your needs met.”

ADDITIONAL QUESTIONS TO REFLECT AND JOURNAL UPON:

- What is this situation teaching me about myself?
 - What painful stories can I rewrite and/or shift into more empowering and life affirming ones?
 - Can I find ways that the unmet values I identified above actually *are* being beautifully met in my life? (Nothing is too small to celebrate).
 - What strategies can I create to get my needs met?
 - Can I make requests to meet my needs that cultivate connection and love rather than separation and fear?
 - Is this trigger evoking an old wound (Veil of Past Pain) that is desiring love and healing?
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