



7 Steps for Managing & Transmuting Your Emotional Triggers

A trauma trigger is a psychological stimulus that prompts recall of a previous traumatic experience. The stimulus itself need not be frightening or traumatic and may be only indirectly or superficially reminiscent of an earlier traumatic incident, such as a scent or a piece of clothing.

The trigger sets off a memory tape or flashback transporting the person back to the event of her/his original trauma. Triggers are very personal; different things trigger different people. The person having the trigger may react to this flashback with an emotional intensity similar to that at the time of the original trauma.

With practice, the reaction to your emotional triggers can subside more quickly and have less power over you. The best way to do this is to quickly identify when an emotion is triggered and then choose what you want to say or do next from an empowered, centered place. This is also one of the most important steps you can take to elevate your consciousness into 5D living.



Here are the 7 steps to help you move through triggers artfully:

1. Recognize

Recognize that you're having an emotional reaction as soon as it begins to appear in your body. The quicker you notice an emotion is triggered, the sooner you can discover if the threat is real or not. This may show up as fight, flight or freeze, a sudden flood of negative emotions and/or rapid heart beat.

Try not to judge or fear your emotions. If you don't recognize your feelings, you can't change them.

2. Disengage

Once your emotions get flooded, you're not in your "right mind" to make the best choice. It's best to create space to re-center and allow the chemical response to metabolize. You have the choice to let the other person know you're triggered and that you want to take space.

Even if you just take a few deep breaths or excuse yourself to walk around the block, this can be immensely helpful so you don't do/say something that isn't from your highest self.

3. Accept

Accept responsibility for your reactions. Instead of seeing yourself as a victim to your circumstances, see yourself as powerful and capable of transcending whatever challenge comes your way. This is the way to remove the veil of self-deception.

When you seek to identify what is triggering how you feel in the moment, you give yourself the chance to feel differently if you want to, thus taking back your power. You will also have more clarity on what you need to do or ask for to change your circumstances.



4. Identify

What need feels threatened? Identify the needs you hold most dear. Choose three items from the list that most often set off your emotions when you don't get these needs met. Be honest with yourself. Which three needs, when not met, will likely trigger a reaction in you?

The following list includes some of the most common emotional triggers. Meaning, you react when you feel as though you aren't getting or will not get one of these needs met.

- to be accepted
- to be respected
- to be liked
- to be understood
- to be needed
- to be valued
- to be in control
- to be right
- to be treated fairly
- to have attention
- to be comforted
- to be free
- to be peaceful
- to have balance
- to be consistent
- to have order
- to be predictable
- to be loved
- to be safe
- to feel included
- to be autonomous
- to be fun
- to have new challenges
- to be independent

5. Reevaluate

Get curious. Ask yourself: Are you really losing this need or not? Is the person actively denying your need or are you taking the situation too personally? Is this belief really true? If it's true that someone is ignoring your need or blocking you from achieving it, can you either ask for what you need or if it doesn't really matter, can you let the need go for now?



6. Choose

What do you want to feel and what do you choose to do to move forward?

You can choose to ask for what you need. You can also choose to let it go if you honestly feel that asking for what you need will have no value. Ask yourself if you're holding onto this situation out of pride or stubbornness. You may also choose to do something else to get your needs met.

When you determine what you want to do next, shift into the emotion that will help you get the best results.

7. Shift

Stop trying to deny your emotions. Instead, choose to feel something different when an emotion arises that you don't prefer. You have the power to shift your emotional state. You can practice this step at any time to help you think through your triggers and responses, even at the very onset of a trigger. You can shift your emotional state in 2 minutes or less if you allow yourself to metabolize the emotions instead of pushing them away or denying them.

Relax – breathe and release the tension in your body.

Detach – clear your mind of all thoughts.

Center – drop your awareness to the center of your body just below your navel. Feel your feet firmly on the ground.

Focus – choose one keyword that represents how you want to feel in this moment. Breathe in the word and allow yourself to feel the shift.

Learning to navigate and take responsibility for our triggers is one of the fastest and most powerful ways to gain emotional freedom and elevate our consciousness. From this place, we can make truly empowered choices that serve us and our highest purpose.



How to Extract the Trigger by the Root

What is listed above will help you to manage your triggers. However it is worth doing the work to get to the bottom of why you are experiencing the trigger in the first place in order to extract it by the root.

Please keep in mind that in some cases you may not be able to fully eliminate the trigger and in other cases you may be able to fully eliminate it. Here are the extra steps to get to the bottom of why the trigger is happening in the first place.

1. Ask yourself when was the last time you experienced feeling this emotional trigger?

2. Ask yourself when was the first time you experienced this emotional trigger?

If you can't remember the very first time you experienced it just go back to the youngest age you remember being emotionally triggered in this way. Try to keep going back earlier and earlier until you can hopefully find a time that is before the age of seven.

Most, if not all, of our deep emotional triggers are replays from an original wound that happened before the age of seven. Getting curious and doing some investigation may help to prompt an earlier memory.

3. If you can access the memory of the original trauma then you can go about repatterning it.

Repatterning can be as simple as creating a sacred space for yourself and then going back in your memory and rewriting the script in your mind of how you would have had that instance played out instead. Some call this "reimagining", I like to call this rescripting your history.

The mind doesn't know the difference between something that really happened or something that we just imagined. The more you allow yourself to enter into the emotional state of your reimagining, the more you will start living from this new place.

This is only one way to repattern our past traumas and experiences. Sometimes all that is needed is bringing loving awareness and forgiveness to our past and other times it may require seeking the guidance of a practitioners who work with various modalities who can assist us. The Guided Energy Medicine that you learn in the Shamanic Academy can also be incredibly helpful for repatterning trauma.