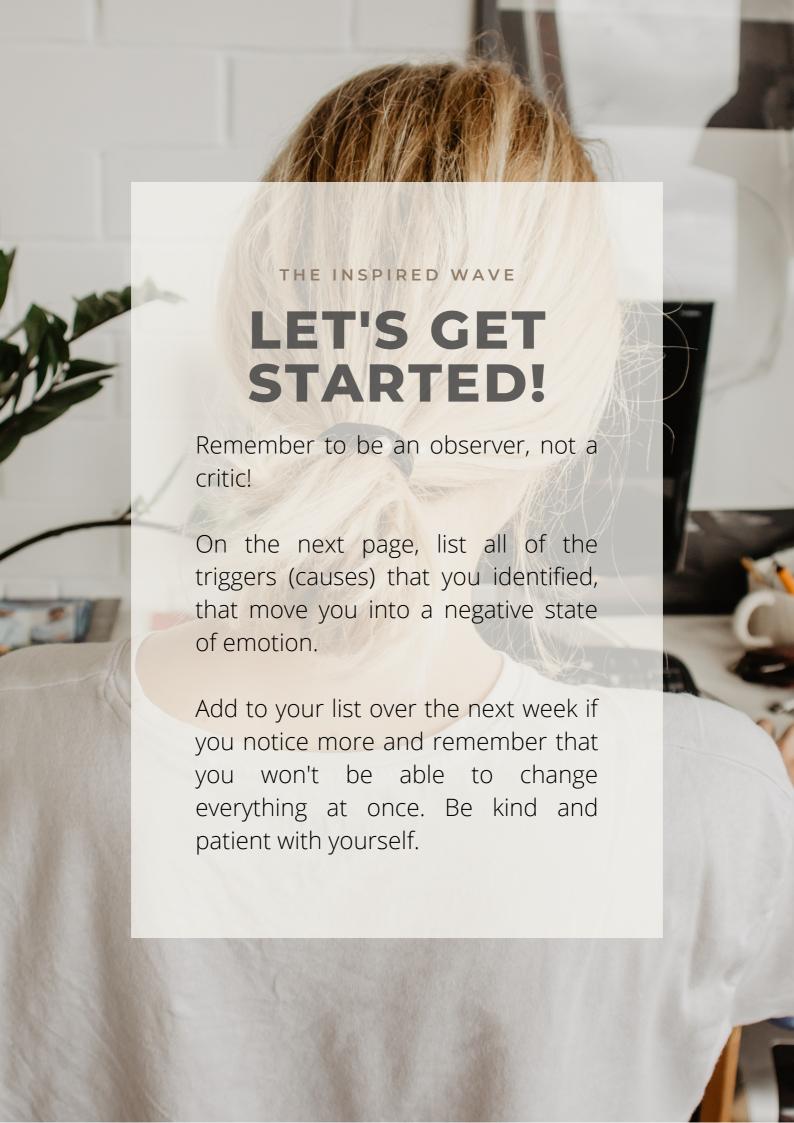
EMBODIED CONFIDENCE

IDENTIFYING TRIGGERS

THEINSPIREDWAVE.COM



LIST YOUR TRIGGERS HERE





Question 1	Question 2
Describe your trigger here. What happened?	Describe how you felt. Name the feeling and thought that caused it.
Question 3	Question 4
What was your reaction, and what outcome did it cause?	Describe 2-3 other perspectives or ways of thinking about the event.

Question 1 Describe your trigger here. What happened?	Question 2 Describe how you felt. Name the feeling and thought that caused it.
Question 3	Question 4
Question 3 What was your reaction, and what outcome did it cause?	Question 4 Describe 2-3 other perspectives or ways of thinking about the event.
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GREAT JOB!

Now pick one trigger that arises occasionally, and intentionally work on shifting your attention to a different thought when the situation comes up again. Don't get discouraged if it takes more than once to be effective and feel less triggered.

This is a growth journey, and every small step forward toward more peace is a WIN

Be sure to share your questions, observations, challenges and wins in the FB group or our next group call

Fondly,

CF