

EMBODIED CONFIDENCE

IDENTIFYING TRIGGERS

THEINSPIREDWAVE.COM

THE INSPIRED WAVE

LET'S GET STARTED!

Remember to be an observer, not a critic!

On the next page, list all of the triggers (causes) that you identified, that move you into a negative state of emotion.

Add to your list over the next week if you notice more and remember that you won't be able to change everything at once. Be kind and patient with yourself.

LIST YOUR TRIGGERS HERE

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A woman with blonde hair and glasses is sitting on a balcony. She is holding a smartphone in her right hand and a white mug of coffee in her left hand. The background shows a view of buildings and trees from the balcony. The image has a soft, warm tone.

”

**Everyone can
learn to
respond
rather than
react.**

USE A SEPARATE PAGE FOR EACH TRIGGER

Question 1

Describe your trigger here. What happened?



Question 2

Describe how you felt. Name the feeling and thought that caused it.



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,

A handwritten signature in white cursive script, consisting of the letters 'C' and 'F'.

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