

When Getting Triggered Takes Over: Taking a 'Time Out' from the Situation to Take a 'Time In'

Examining Existence

1) Self-Awareness

2) Self-Reflection

3) Self-Discovery

4) Self-Connection

5) Self-Acceptance

6) Self-Transcendence

Creating Curiosity & Inquiring

"I" am triggered.

Take a "Time Out" to take a "Time In."

Reframe: A "Part" of me is being triggered?

What "Part" of me is being triggered?

Why did this "Part" get triggered?

What are the initial feelings this "Part" felt?

What does this "Part" need, want, or is fearful of?

What behavior is/was this "Part" doing to protect or try to get this need met?

How can "I" meet the need of this "Part"?

How can I nurture this "Part" of me?

What can I do for self-care?

How can "I" begin to create a connection between "Parts" of myself?

Creating an Interconnectedness of Self.

Can I recognize what might be happening in a "Part" of the other?

How can I connect with the other and outward?

"When we create an environment of deeper self-understanding, through self-care, we can create more integration and interconnectedness within our own internal system."