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## Triggers

(October 06) Triggers; buttons, hot spots... Most people will refer to these triggering events as “having their buttons pushed” or the phrase, “she pushed my buttons” to explain their own emotional reaction... and notice... it is explained in the terms of how THE OTHER PERSON is pushing THEIR buttons...

Let’s think about the premise... if I have a button, and wear it, am I in some way waiting for it to be pushed? And whose responsibility is it to make sure it is not pushed?

In relationship coaching. We refer to such emotional reactions as “being triggered”. This refers to the reaction that occurs within us when we are ‘triggered’ by people and events. Being triggered is associated with a memory or memories with past associations. Characteristics of being triggered have been described as “feeling blank”; “like a deer in headlights”; having an over-exaggerated response to a situation or feeling like you are responding like someone not quite like you. Notice... the “external event” is simply a stimulus to YOUR internal response... yeah, ultimately up to each of us to deal with our ‘being triggered’ or having our buttons pushed. What to do?

1. Recognized you are triggered.
2. If possible, remove yourself from the trigger. Go somewhere and listen inside to find out what is being stirred up.
3. Accept this part of yourself (I say, embrace it!); learn from it, there is great wisdom here for each of us.
4. Identify 3 other ways to respond in the situation (much like the reaction article above 😊)
5. If it still comes up, call an experienced relationship coach to get past it (that would be calling me 😊)

Triggers continue to happen; I have learned that sometimes when we least expect it, there one is... reminding each and every one of us of our humanness; as well as creating the space for us to DECIDE what we want to do, how we want to act, and ultimately, how we want to live.

Call Jim for a sample relationship coaching session at 847-566-3122 and begin the work on a trigger in your life!