

Trigger Warning

Use this when experiencing a disproportionately strong negative reaction to an event or experience.

Follow this self-coaching tool **without skipping steps** as each part of the exercise helps expose a new layer underneath.

Going through each step **slowly** can dissolve **the entire trigger**.

Repeat if the reaction returns.

1. Observe (optional: and record) how your body feels. Examples: chest pain, jaw clenched, back ache, forehead tense, shallow breathing.
2. Observe (optional: and record) your emotions. Examples: anger, hurt, betrayal, disdain, disappointment.
3. Observe (optional: and record) your thoughts. Examples: "I cannot believe..." "That person is so..." "What is wrong with him?"
4. What fear is behind all that reaction? (Hint: find the vulnerable voice). Listen attentively to this voice. Don't rush it. Examples: "I'm not lovable" "I'm not good enough" "I'm not worthy".
5. What's the voice of health here? We default to the patterned voice in step #3 unconsciously but now that we've attended to all parts of ourselves, we can find the wise, confident sage inside of us. Examples: "It's okay for me to have boundaries or standards" "It's okay for some people not to like me".
6. Note how your body/heart/head feels now after hearing the voice of health. Examples: Breath evens out and deepens. A sense of peace. A sense of freedom.

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