

# Pondering Point

We all have triggers, or things that 'push our buttons.' Some are obvious while others may be subtle. They can be both positive and negative. **Either way, it is natural to have these triggers and to show emotions because, after all, we are human!**

When we learn to take ownership of our triggers, we realize that we are the only ones accountable for our thoughts, feelings, beliefs and behaviors. This ownership puts us in control of how we want to handle our triggers emotionally. We can only do this when we recognize what our triggers are. What is the issue and why does it bother us? Do we bring it up and try to diffuse the situation right away? Do we 'check out' and attempt (usually unsuccessfully) to make the emotions disappear, knowing this may allow our emotions to spill out into further conversations? **Recognizing and addressing the triggers right away can help us pull the emotion out of a situation and think more rationally.** This can turn an emotional barrier into a tool used for personal and professional growth!

## What trips your TRIGGER?

*What's your "Easy Button?"*



**Imagine...** recognizing what trips our emotional triggers and using the information to move toward a healthier life.

### — From Pondering to Practice —

#### **Self Reflection Activity**

GI Joe said it best, "...knowing is half the battle!"

#### **Try This → Triggers and Toolboxes**

- Keep track of triggers over a period of time by writing them down.
- See if there are common triggers and address them.
- What are some incremental steps that you can take to make these common triggers smaller and smaller?

**After the button is dissolved then you are on the clear path to solving it.**

- What has helped you calm down in the past?
- Create an "emotional toolbox" and put these ideas in it to refer back to when you need them.
- Since we can be triggered at any time, think of something portable that you can take with you (like a worry stone you can rub in your pocket).

**Consider these helpful tools your "Easy Button" for the more difficult buttons that lie ahead!**

#### **Activity**

Since everyone gets triggered, remember we are not alone.

- In a group share some of the items in your emotional toolbox.
- Allow others to share how they deal with their emotional buttons.
- Look for ideas to help you with your emotional triggers.

**"No one can make you feel inferior without your consent."**

- Eleanor Roosevelt

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**Thanks for 'Pondering' with us!**