



COUPLES OVERCOMING PTSD EVERYDAY

SIX STEPS TO MANAGING YOUR TRIGGERS

(An exercise for soothing thoughts & feelings that won't let you go)

FIRST, RECALL A RECENT SITUATION THAT THREW YOU OFF CENTRE, THEN, COMPLETE THE FOLLOWING STEPS (IN WRITING IF POSSIBLE) UNTIL IT BECOMES SECOND NATURE.

1. **Body:** When you were in the situation, or shortly afterwards, what physical sensations did you feel in your body? (For example, tightness in the chest, pit in the stomach, hot, etc.)
2. **Emotions/Heart:** What feelings are/were you experiencing? (Anger, sadness/hurt, confusion, resentment, etc.)
3. **Head:** What thoughts are/were you having? (For example, "What a jerk!")
4. **Consider your timeline:** When was the very first time you remember thinking and/or feeling this way?
5. **"The Observer":**

a. You: Knowing your own history and life experiences, what facts do you know about yourself that might pre-dispose you to react the way you did in this situation? (Based on these facts, can you now have a greater acceptance for your response to this situation?)

b. Other Person(s): What do you imagine the other person's life must have been like (or still be like) based on their current actions? What might their life circumstances have been like to result in their current behaviour? (Based on just their behaviour alone, you're probably not far from the truth).

6. Guidance: First review what you've written above.

Then ask your own core wisdom what's best for me to do/or not do about this situation?
What might be best for ALL involved?

Spend several moments asking what this wisdom has to "say". Often the answer is simple—and you can trust it's coming more from a wise/intuitive place (and NOT from your intellect) when the answer requires something of you; i.e., that you "step up" in some way you hadn't considered or that might be difficult for you. The result of this exercise is often increased peace of mind; I like to practice often!