

6C Triggering Events - Balance

Think about the things you need to do to keep your life in balance. Get enough sleep, eat healthy, exercise, connect with others, keep up with medications, recharge and take time for yourself, etc...

Is your life in balance? Think about how all you're doing to keep yourself in balance.

Now think about the things that create triggering events for you. Can you think of one that is either harder or easier depending on whether or not your life is in balance. Write it down below.



Triggering Events - Define Your Triggers

6D

Defining your triggering events may be difficult because it requires you to step back and observe yourself from a third-person perspective. You have to look at your own behavior and emotions and analyze them honestly. This helps you choose what behaviors and emotions are helpful and which ones are not.

From the list of triggers on the video identify two of these common events that make you get all emotionally worked up where you either feel like fighting, feel like running, or feel like freezing up.