

I'M Triggered!

So, do I self-talk myself out of it or do I process my emotions?

IS THE EMOTION SUPER POTENT?

(On the brink of tears, heart racing, face flushing, pit of the stomach feeling, boiling with anger, wanting to lash out, having a hard time biting your tongue, heart falling, replaying over + over in your mind, etc.)

yes

ARE YOU ABLE TO TAKE THE TIME TO "FEEL" AND PROCESS?

yes

THEN PROCESS!

Take time to address the emotion that you feel. Processing can include: journaling, physical activity, bawling your eyes out (watching something to induce tears), beating the shit out of your bed/pillow/punching bag, primal screaming, scribbling furiously with crayons, venting to someone safe, breaking shit (safely), singing at the top of your lungs, etc.

no

USE EMPOWERING SELF-TALK

Use any form of empowering (not necessarily "positive") self-talk. You can use progressive statements/pep talks, forgiveness mantras, permission statements, belief statements, good what ifs, if/then statements, vocab re-frame, etc. A great go-to here is "You are allowed to feel what you feel."

no

SCHEDULE YOUR PROCESSING

If you aren't able to process what you're feeling in the moment, make it a point to process at a later time. You can use any of the tactics indicated to the left or any other methods you find particularly healing.

USE EMPOWERING SELF-TALK

Once you've had the time to process your emotions and expel it from your system, **THEN** you can move on to empowering self-talk. Use any form of empowering (not necessarily "positive") self-talk. You can use progressive statements/pep talks, forgiveness mantras, permission statements, belief statements, good what ifs, if/then statements, vocab re-frame, etc. A great go-to here is "You are allowed to feel what you feel."