



Lois Barth, Coaching and Consulting Services

lois@loisbarth.com

www.loisbarth.com

646-342-5911

How to Untrigger Yourself in 15 Minutes or Less

We all get triggered from time to time when an incident, words, occurrence, in current-day reality, brings us back to a core wound, hurt, upset or grief. That's called being a card-carrying member of the Human Being Club. When that happens if we don't address the triggers straight on, we usually flip-flop between two seemingly opposite (sides of the same coin) behavior; neither of which supports us. One way is that we implode and suppress the feelings that often causes us to act out in passive-aggressive ways that diminish our vitality, joy, relationships and in certain cases, our health. The other patterns are we explode, get reactive which can often lead to saying and doing things in a moment of impulse that we later regret and can hurt our relationships, our finances, and our careers, plus cause a plummet in self-esteem and self-worth.

Great news! All of this can be avoided. By learning how to *How to Untrigger Yourself in 15 Minutes or Less* you can begin the process of addressing these levels of reactivity and gain more clarity, equanimity and the power to heal. Using the tools of creativity, guided imagery and compassion you can learn to de-escalate in moments of upset, gain perspective, self-regulate while still feeling integrated and whole.

This process is meant to be done in a relaxing private environment while listening to the guided imagery process illustrated in this podcast. Feel free to stop the guided imagery process and write down your responses or to wait until you have done the whole process and then record your responses.

If you do this process regularly you will start to regulate your reactions, alleviate your stress, and have more resources to navigate your reactivity and upset.

Please be kind to yourself during the process and make sure to stay hydrated rest and monitor stimuli within 6-8 hours after the process since often it brings up feelings for most people.

Questions to go along with the process.

Close your eyes. Breathe deeply and create an image in your third eye (space between your two brows) of your trigger. Don't get into a whole film or story, but one single image around the upset or place of reactivity. Notice where you feel the trigger in your body (i.e. head, chest, neck, belly) and rest both hands over that part of your body as a warm pair of caring hands connected and nurturing that area. Keep breathing.

Notice any connections (i.e. I have throat issues all the time as in colds, sore throats) with the part of your body where the trigger is showing up in? Don't overthink it, only if it comes to you naturally. Often more gets revealed after the session. Notice any image, gender, an energy that comes up around that part of you and any related feelings. Don't overthink it. Write down what came up for you?

Ask this aspect of yourself four questions:

How old are you?

What's your name?

What are you here to teach me?

How can I support you?

Write down responses during or after.

What is it saying or what are the feelings surrounding it? (I.e. "You don't understand." "I hate you." "I'm scared, that's all.") Don't assess, micromanage, second-guess what comes up, just notice it.

Send that part the love and compassion you would send a friend or animal in pain. Don't get into a drama about it, but don't belittle that parts suffering.

Keep breathing. Ask it what it needs for you to know. Notice your breathing and whatever else comes up (i.e distraction, judgment, having to "figure it out") Just notice.

Bring in what I call Divine Mother (DM). The DM has nothing to do with gender, religion or any other association. It's the part of ourselves that's the nurturer, the core within us that has empathy, love, and benevolence. If you're having a hard time connecting with it, don't get stressed; think of a good friend or your child who you're brilliant at being kind to, curious about and interested in. If that's difficult as well, think of an archetype of a famous person (i.e. Glenda the Good Witch, Gandhi, Mother Teresa) it doesn't matter. It's not a choice you make by head it's by heart. If you feel your heart open up towards this part in pain then you're in the Divine Mother energy.

Experience (some folks experience through feelings, hearing or seeing, so honor your own learning center don't get locked into looking a certain way) the Divine Mother (DM) energy

and connect with that part of yourself that's triggered. Just have the DM witness that activated part, and allow that hurt triggered part to feel heard seen and taken in. For auditory learners like myself, I actually "hear" the DM say to that part, "I hear you. I'm so sorry. This is hard stuff you're going through," that calms my energy down.

Whatever way you learn and experience feelings and concepts (i.e. touch, sound, visual) create a connection between the DM and that activated part. It can look like a hug, a nod, or a few words; again it's all about the energy and the spirit with which you do it. There's no right or wrong it's a process that grows in its use and practice.

See both the DM and activated part, dialoguing in whatever way is most potent for you. It may look like the activated part, being held and being rocked, or being witnessed or resting but see the love safety and connection between both energies/archetypes in which the DM is really letting the activated part know that they matter and it's safe.

Notice any themes or sacred pacts that need to be made. Make it your own. For example, if that hurt/activated part feels left out and scared maybe DM and activated one needs to make a pact that every day it will focus on "What small way can I feel more seen and heard in my life?" or "How can I learn to self-soothe?" or "How can I experience more pleasure and joy?" It doesn't matter.

Now visualize an Army of Angels a circle of love and people and energies enveloping them. Rather than swords or guns they have their tools of love, fierceness, understanding, courage, and support and are there to support you in your vision both what you want your life to look like but also the current theme of your trigger.

If it helps see the people present and past who you feel and have felt enormous support and positive visibility from. Get creative. Put in archetypes, icons or every day heroes fictitious or otherwise and surround DM and hurt part. See them all breathing together as one heart, one-energy and, one being.

Now see them all coming together and re-integrating into one-energy. Keep breathing. Now see that part integrated into a grown-up version of you right now. See you walking forward in your life and creating your vision. As you move forward you are creating what you want and what's in your heart.

If it's about wonderful relationships, see those relationships or financial success, feel the energy of that.

Take in what you're stepping into. Allow yourself to feel it. Even if it's only 10% allow that.

Take some deep breaths and open your eyes. Breathe again.

Journal what you learned and what was the theme(s) came up and what is the work you need to do, the "one thing I can do every day to....." as part of the re-integration process.

Consistent Work

I'd suggest you do this process every day for the next 7-10 days then scale it down to 3-5 times a week but definitely do this process for at least 21 days to start creating more dialogue and connection. It's not about re-triggering yourself it's about giving that part a voice, an experience and knowing what it is to be soothed and understood.

Alternate Handwriting Exercise

You can write with one hand to this part, and write back with the non-dominant hand. This is NOT a substitute for therapy or medical supervision. It is to give you a tool so that if/when you get reactive/triggered it can provide a "50-yard view between you and your reactivity." In time you'll become less activated and have more resources at your disposal and way more freedom.

It's not about denying judging or eradicating this part, but it's also not about creating dramas or rationalizing reactivity that hurts you and the people around you and can diminish joy self-esteem and success.

Self-Soothing Rituals

It's very self-loving to give yourself some self-soothing versus self-medicating/numbing alternatives to dealing with old wounds brought on by current situations and stimuli. Bodywork, movement, hydration, baths with salts and oils and just slowing down and safe vulnerable and honest communication with appropriate loving people can be very soothing.

Ongoing Support

If you'd like more information about my SPARKLE POWER 6 Pack Session which supports you in releasing patterns that no longer serve you and powerfully move you forward towards your vision I'm happy to offer a complimentary 20-minute discovery session to see if we're a fit. Email me at Lois@loisbarth.com and in the subject field write SPARKLE POWER Pack Discovery Call.

I wish you all the best and if there's any way I can be of service please don't hesitate to reach out to me.

Lois Barth is a Human Development Expert, Speaker, Life and Business Coach, and author of the book, “Courage to SPARKLE; The Audacious Girls' Guide to Creating A Life that Lights You Up.” Lois supports women to shatter their inner and outer glass ceiling by championing them to overcome their negative self-talk, manage stress and advocate for themselves and other women. The creator of Smart Sexy TV, she has been the makeover life coach for *SELF Magazine*; *Fitness Magazine* and *Fit Blog (Sears)* as well as the “Stress Less--Thrive More” Lady for *C.T. Style TV* (ABC Affiliate). A sought after expert, Lois has been quoted and published in *The New York Times*, *The Wall Street Journal*, *Fast Company*, *SELF Magazine*, to name a few. Her speaking clients include L'Oreal, Women in Banking, Capital One, Mid-Atlantic Women in Energy, Society of Women Engineers, and the American Heart Association to name a few.

Disclaimer

The following process is in no way a substitute for therapeutic, medical advice, diagnosis or treatment to treat chronic mental issues, PTSD, trauma, abuse or any other compromising medical and/or physical conditions. It is simply a tool to help you identify and address everyday triggers that can impact your sense of well-being and productivity. Use at your own discretion. If you find by doing this process you get more anxious and/or triggered further, please stop immediately and reach out for professional health care service providers. LBCC is not responsible or liable for any and all results from someone working through this process it is simply a suggested process.