

3 QUESTIONS WHEN TRIGGERED

1. What would I say to a friend in the same situation?

(Label and validate your emotions. Focus on the facts. Consider your real needs.)

2. How does this reveal my humanness?

(Consider how this makes you human. Give yourself perspective.)

3. Can I allow these feelings to be present without trying to change them?

(Describe how your feelings present in your body. Recognize when assigning value/judgements.)

