

TRIGGER RESOLUTION/BOUNDARY SETTING PROCESS



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TRIGGER	PHYSICAL (SOMATIC) SENSATIONS/ REACTIONS	FEELINGS	NEGATIVE THOUGHTS	NEGATIVE BEHAVIORS & VALUE CONFLICTS	AFTERMATH	ANTIDOTES & BOUNDARIES
<ul style="list-style-type: none"> • REMINDER OF THE BETRAYAL: <ul style="list-style-type: none"> • TEXT • EMAIL • PHOTO • MEMORY 	<ul style="list-style-type: none"> • NAUSEA • LIGHTHEADED • FLUSHED • SHAKY • ELEVATED HEART RATE • DRY MOUTH • ROARING IN EARS • FUZZY MINDED 	<ul style="list-style-type: none"> • SHAME • GRIEF • ANGER • SADNESS • UNWORTHY • NEEDY • STUPID • UNLOVABLE • SHOCKED • DISCONNECTED • AFRAID • LONELY • REJECTED • PANIC 	<ul style="list-style-type: none"> • "MY LIFE IS A LIE" • "EVERYONE BETRAYS ME" • "I CAN'T DO THAT" • "I WILL KILL HIM" • "HOW COULD HE?" • "I AM NOT: <ul style="list-style-type: none"> • THIN ENOUGH" • SMART ENOUGH" • PRETTY ENOUGH" • SEXY ENOUGH" • "I AM BROKEN" 	<ul style="list-style-type: none"> • RANTING • RAGING • RUNNING AWAY • STALKING (FB) • INVESTIGATING • CIRCULAR THINKING 	<ul style="list-style-type: none"> • AN UNSUCCESSFUL CONVERSATION • DIVISION • DISCONNECTION • HURT FEELINGS FOR BOTH PARTNERS • ABANDONING SELF • DEEPENING OF TRIGGER (INSTEAD OF MOVING TOWARD RESOLVING THE TRIGGER) • DISEMPOWERMENT • DIMINISHED SAFETY 	<ul style="list-style-type: none"> • SLOW DOWN • SOMATICE INTERVENTION: TO GROUND YOU IN THE PRESENT e.g. USE 5 SENSES TO NOTICE WHILE TAKING DEEP BREATHS • WHAT IS THE TRUTH - RIGHT NOW, IN THE PRESENT? • SELF-COMPASSIONATELY USE: <ul style="list-style-type: none"> - ACTIVE IMAGINATION - SOOTHING CARE - CONNECTION - HOLDING MYSELF • TAKE ACTION BY DRAWING A LINE IN HOW YOU WANT TO BE TREATED