



## Personal Wellbeing and Self-Care VMware - Summer 2021

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### Exercise working with Triggers

*based on an exercise from the Applied Compassion Academy*

In dyads work with the following exercise.

Working with our Triggers:

A. Look at a trigger in your own life.

Please identify the trigger and also look at what your reaction is to this normally. Just one or two moments where you know it triggers you.

Knowing what your buttons are:

1. Identify the triggers and write it down
2. Write down what happens on these 4 axes:
  - \*physically,
  - \*emotionally,
  - \*mental narrative &
  - \*Nervous system.

Take this moment to write down for yourself ‘What is going on when I am triggered, physically’?



B. What is one way you did / could shift from reaction to skillful response with regards to the the trigger you worked with tonight?

Please take a moment to greet each other and decide on who is going first to share:

1. Settle the mind/relax into the moment of the here and now
2. Open your eyes and silently acknowledge each other's presence

**Each take 6-8 minutes to speak: I will broadcast when its time.**

**1. Ask each other:**

- Please tell me about your Trigger and what came up for you during the settling in exercise.
- What did you notice? What stood out about the experience?
- What is one way you can shift from Reaction to response with regard to the trigger you worked with tonight?

**Debrief together:** take a moment to reflect together on how the experience of this exercise was for you

**Example:**

TRIGGER	REACTION (Physical, Emotional, Mental/Nervous System)
My husband ignores me and continues talking at the dinner table	Physical: heated chest Emotional: Anger



	<p>Mental narrative: “he is so insensitive and never listens to me”</p> <p>Nervouw system: Fight response</p>
<p>Presenting my project plan to the executive board</p>	<p>Physical: throat contracts, chest contracts</p> <p>Emotional: anxiety</p> <p>Mental narrative: “they are going to hate it”</p> <p>Nervouw system: Freeze</p>