



Personal Wellbeing and Self-Care VMware - Summer 2021

Instructor: Barbara Piper-Roelofs
barbara@berooted.nl | +31 6 40269953

Triggers Exercise 2

Outline exercise:

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.

In dyads discuss with the following exercise with (y)our Triggers:

A. Look at a trigger in your own life

Please identify the trigger and look at what your reaction normally would be.

1. Identify a situation where you were triggered or someone was triggered by you
2. Tell your partner in the exercise what happened physically, emotionally, mentally and system responses.
3. Try not to talk about the situation in a descriptive way but move toward application of moving out of the trigger: how can you change your state of being/shift?
And what tools could you use to neutralize your response/the situation/someone else's trigger?



Share what tools could have worked and what really doesn't work when someone else is triggered.

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

- What did you notice? What stood out about the experience?
- What is one way you can shift from Reaction to response about the trigger you worked with tonight?