



Personal Wellbeing and Self-Care VMware - Summer 2021

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

Class Review & Homework session 7

Introduction: Watch this Mindfulness and Triggers: Happify Video
<https://www.youtube.com/watch?v=w6T02g5hnT4>

Starting Part 4 of this Training: Learning to recognize *triggers*

In Week 7 and 8: we will work with becoming aware of our triggers and continue to move towards more behaviours of self-care and self-compassion

Summary

For the next 2 weeks, we are going to move from self-compassion into Triggers and back to self-compassion.

What Triggers us?

Triggers can be **people, places or things**, as well as words or situations. Emotional triggers are automatic responses to the way others express emotions, like anger or sadness. For example, you may not have a problem interacting with an angry person, but find it hard to deal with someone who's crying.

So these last 2 weeks, we talked about how Self-Compassion is a skill that can be learned and is not self-pity, self-esteem or self-indulgent.



Recap of the four components from last week's session:

1. Compassion
2. Loving Kindness
3. Mind
4. Feelings

Now often when we feel something, our physical response is that we tend to move away from it. Hot stove, pain in our hearts.

However small the suffering *suffering*. An email from your boss that you should have answered to great global disasters. Remember suffering is merely something that is different to what you hoped or expected.

Being is about **Mindful awareness**:

Can You:

1. Turn towards suffering -
2. Lean in to suffering - to be with it without judging it
3. Bear witness to suffering -

You don't have to do anything, just be with it, See it. See yourself the way you meet others.



Today we move into Triggers and how they work.

For reference, you might want to check out one of these books:

1. Emotional intelligence by Daniel Goleman
2. Triggers - David Richo
3. Marshall Goldsmith: Triggers Creating Behavior
4. Peter Levine - Waking the Tiger

So, when we get triggered; we are looking at mindfully seeing what is going on and skilfully managing our response.

The question is: how we can recover (quickly) and respond when we know that we are triggered.

Our own triggers and how we are susceptible to other people's triggers. It's part of being human!

Definition of Trigger:

One of the resources is David Richo (psychotherapist) author of 'triggers' and he looks at this from multiple levels.

Definition:

1. Any word, person, event or experience that touches off an immediate emotional response in us. EG the tone in our colleague's voice or the look on someone's face or speaking in public.

What sets off this reaction?

2. But that is only half of the equation. There is the trigger itself and seconds later is our reaction!

These are seen by David as one system!



Looking at our reaction is sometimes a good place to see what is happening.

STEP 1: Identify what are your common symptoms when you am triggered.

To notice: hey what happens to me when I get triggered (Daniel Goleman’s “amygdala hijack”)?

- a. We look physically- look at your heart rate, breathing patterns, etc. I will add the descriptors in the course environment section review week 7.
- b. We look emotionally: usually when we are triggered, we have intense emotions: fear sadness anger. I will add the feelings wheel in the lesson 7 review). We are usually experiencing a heightened state of emotion.
- c. We look mentally: mentally there is often a narrative going on in our mind. About the person or the event.
- d. Lastly: nervous system. Depending on the trigger, check our system. Am I in fight mode or in flight mode or freeze mode?

These are all good ways to untangle the spaghetti and identify for ourselves what’s going on.

***An Exaggerated Moves Meditation**

I’m going to invite us to center a little bit differently than you might have before, building on the way we have meditated so far and using the centering to keep learning about your conditioned tendency.

Just notice what happens in this next meditation.



***Triggers Exercise - please refer to the course environment**

HOMEWORK

For consistent habitual practice: we keep returning to the subject.

1. Continue your practice
2. Check out the 7 exercises in the course environment
3. Read and listen about Triggers

BOOKS

For reference, you might want to check out one of these books:

5. Emotional intelligence by Daniel Goleman
6. Triggers - David Rochi
7. Marshall Goldsmith:
Triggers Creating Behavior That Lastsbecoming the Person You
Want to BeCreating Behavior That Lasts--Becoming the Person
You Want to Be