

## REACTIONS TO TRIGGERING EVENTS

This exercise is designed to help you bring awareness to how you react when a core belief is triggered. Think about one triggering event. If there is more than one triggering event you want to explore, create separate entries for each event. Return to this exercise and repeat it anytime a different event triggers a core belief.

Describe the triggering event.

---

---

What are your thoughts?

---

---

---

How is your body manifesting this experience? (Are you getting tense? Do you feel warm? Cold? Has your heart rate increased?) Be specific and list as many experiences as you feel.

---

---

---

---

What emotions are you experiencing?

---

---

---

---

The sooner that you can recognize when you are in the emotional fog that temporarily blinds you, the better equipped you are to pause; observe the thoughts, emotions, and sensations; wait for them to pass and the fog to clear; and then make a helpful choice.