

# MOVING THROUGH THE TRIGGER

TAKE A MOMENT TO PAUSE AND CHECK IN.  
BE CONSCIOUS OF WHAT IS CAUSING  
THIS FEELING TO ARISE.

Name the situation

Identify the feeling(s)

## Now ask yourself:

1. Which core fear(s) is this triggering inside me? I am/I am not:

2. What does this remind me of or bring up for me?

3. What else do I want to say about this?

4. Be an eagle in the sky looking down on this situation. Take a deep, cleansing breath. Now ask your intuition directly, what is the truth?

5. What do I actually want out of this situation?

6. What do I need right now?

7. What is my next step?

