

WHAT TO DO WHEN YOU HAVE BEEN TRIGGERED

Step 1: Recognize you have been triggered. Remember the trigger is NEVER the problem.



Step 2: Be aware that your consciousness has shifted.



Step 3: Follow the trigger cascade that is a pattern for you. Ask “what if” and “then what” questions about what your mind is saying.



Step 4: What feelings to you have based on what your mind is telling you?



Step 5: If you can – from awareness- shift your consciousness back in the moment.



Step 6: If you cannot shift your consciousness, get on the floor in humility, begging Gaurasana to help you walk away from your false belief - because it is false.

