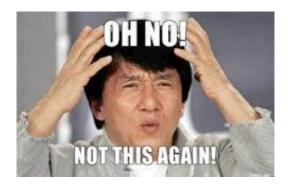
## The Trigger Cascade

1: A person or circumstance triggers you



2: Your mind has a strong opinion – a strong message – about what the trigger means about you.



3: You have strong feelings about what your mind is telling you.



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4: The trigger pushes against a deeper false belief that may have nothing to do the trigger.



5: Your feelings and the emotional response to the trigger keep you from having to feel the pain of the deep false belief.

Top Slice = Trigger Middle or Filling = What we tend to work on when triggered



Bottom Slice = False Belief and Deep Pain We Avoid

## Example:

- Someone seems to ignore you
- Your mind tells you they are ignoring you because of something wrong with you
- You feel anger or overwhelm or start to cry
- A deep false belief that you are damaged and because of that no one can ever really love you is reinforced.
- The deep pain of believing no one can ever love you is too intense to feel so instead you cry, you talk about the trigger to the person who ignored you you focus on the trigger- the issue- so that you never feel that deep pain.