

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.



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.