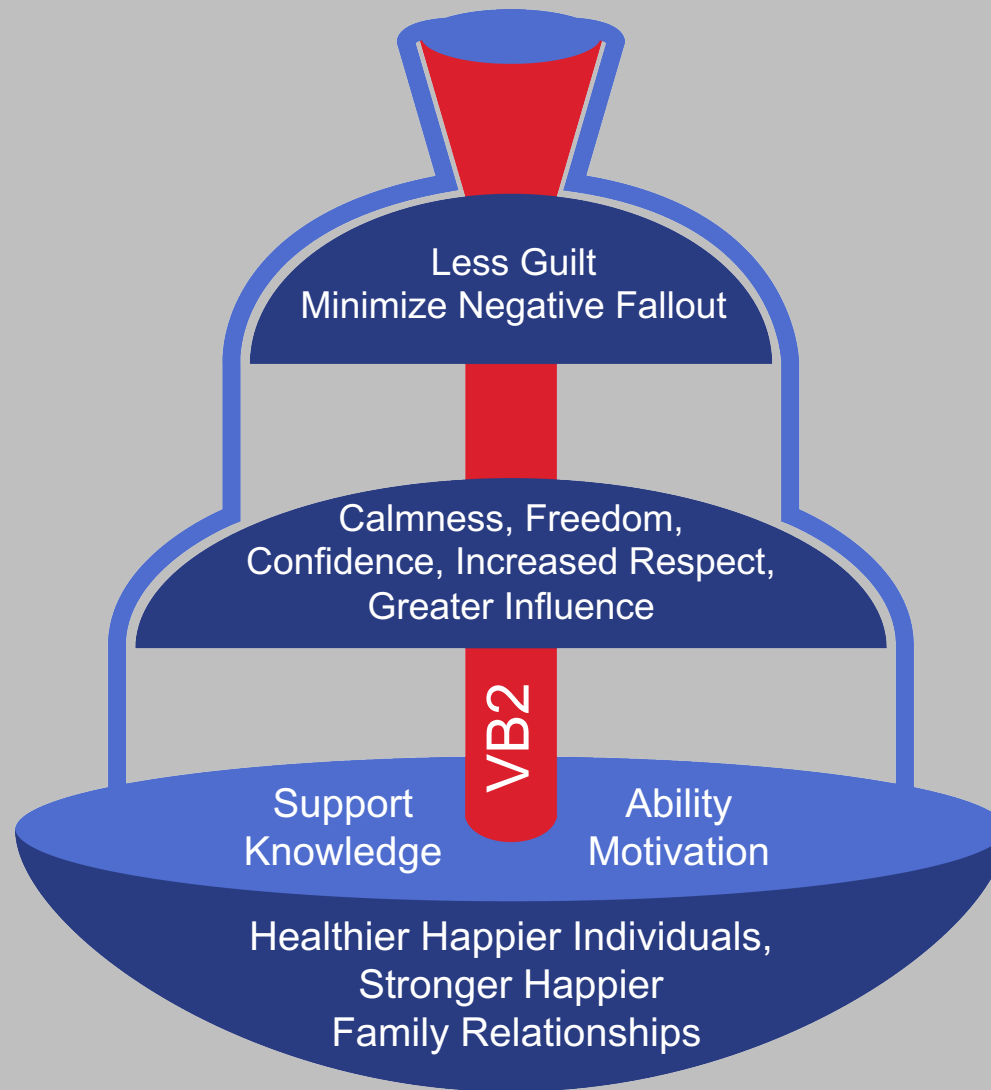


Manage Emotional Triggers: *Vital Behavior #2*

When emotionally triggered, take a few breaths and identify your emotion before responding.



■ The Cascade Effect for VB#2

Managing Emotional Triggers

An Event Triggers

Impulses
Thoughts
Feelings
Urges

Window of Opportunity

Narrow Window=
Reaction

Wider Window=
Response

Response or Reaction

Reasons for Reactivity

- Fear
- Anxiety
- Being raised by reactive parents
- Feeling burned out
- Not knowing how to respond
- Being aware of what we are feeling

Antidotes to Reactivity

Compassion

*Letting Go Of
Outcome*

*Emotional
Awareness*

*Learning to
Self Soothe*

Knowledge