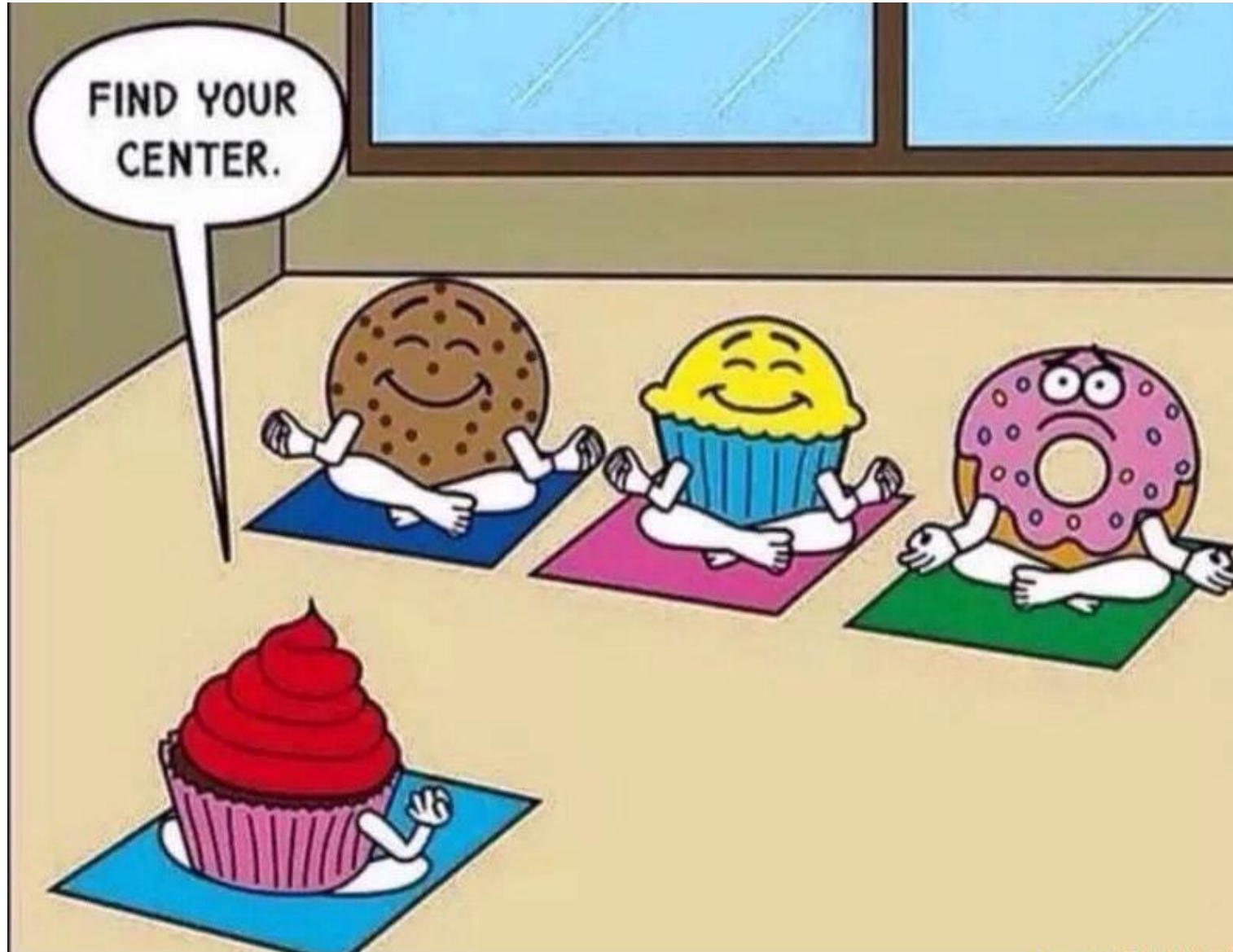




**Identifying our Triggers**

**I n t e n t   a n d   I m p a c t**



# Today is about identifying your own triggers, reactions, and impact



# **Self-Awareness Guides Emotionally Intelligent Behavior**

**Do You Know  
Your Triggers?**

**Can You Identify Your  
Physical Reactions  
to Your Triggers?**

**Do You Have A Toolbox Of  
Strategies To Reduce or Interrupt  
The Impact of Your Triggers?**

The image features two hands, one from the left and one from the right, clasped together in a prayer-like gesture. The hands are positioned with fingers pointing upwards and thumbs tucked in. The background is a solid, dark color, possibly black or very dark grey. Overlaid on the center of the hands is the text "Let's Review" in a light blue, sans-serif font. The text is split into two lines: "Let's" on the top line and "Review" on the bottom line. The overall composition is centered and symmetrical.

**Let's  
Review**



## SELF-AWARENESS IS THE KEY TO SELF-REGULATION



INSTITUTE for HEALTH and HUMAN POTENTIAL

**Mental Health is not just the presence or absence of a disorder**

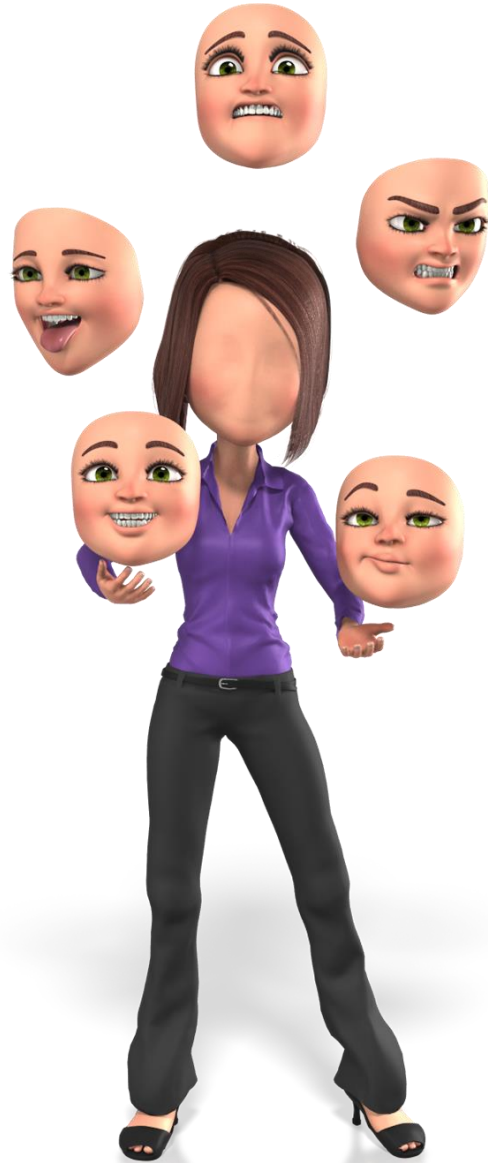
**Mental Health is a Continuum of Wellness**

**There is no perfect state--we often go back and forth on this spectrum and that is completely healthy**

**Thriving**

**In Crisis**

Regulated



Dysregulated



Dr. Karl Albrecht's  
**The 5 Basic Fears**



**Extinction (Physiological)**



**Mutilation (Safety)**



**Ego Death (Esteem)**



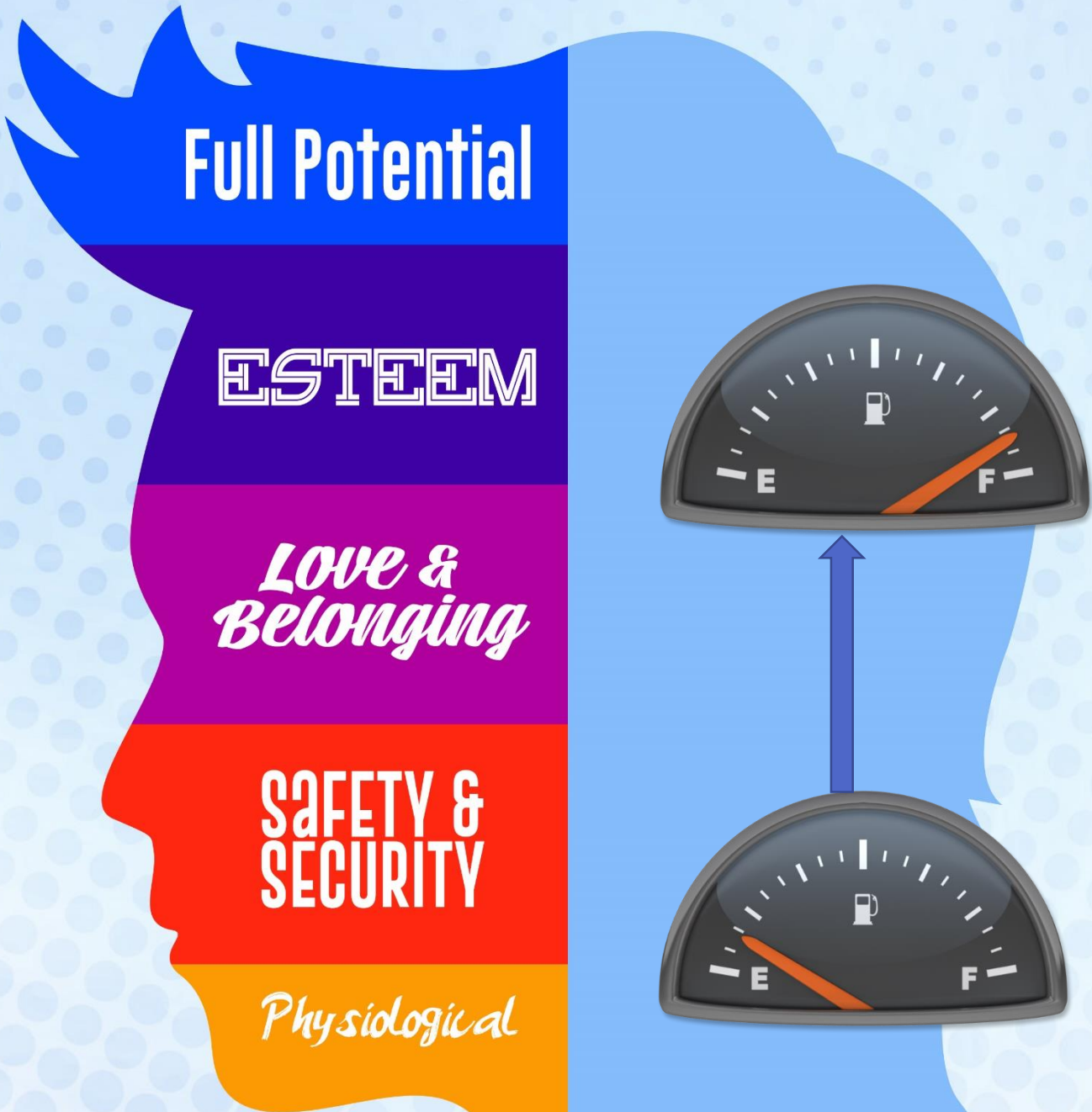
**Separation (Belonging)**

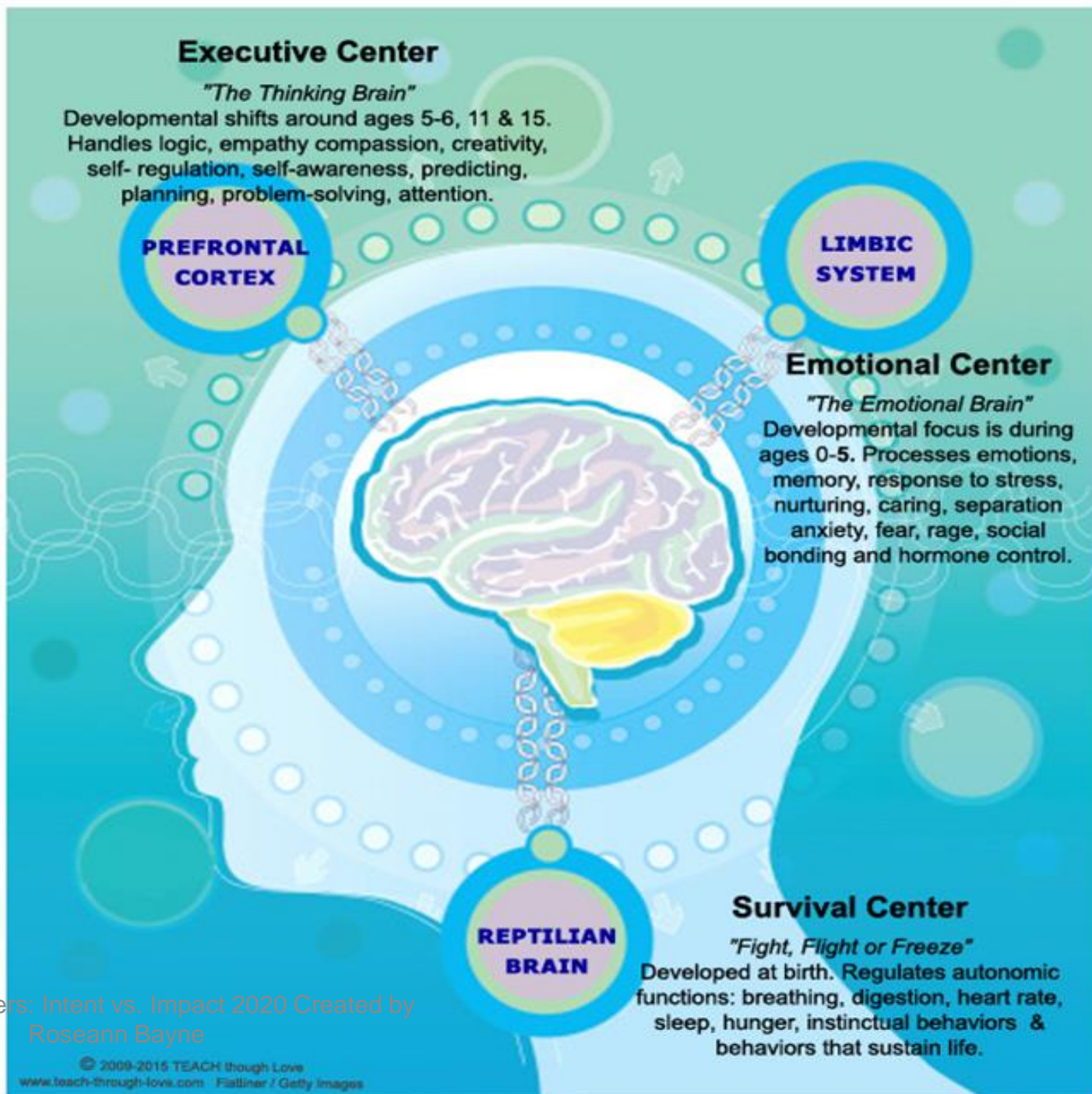


**Loss of Autonomy (Self-Actualization)**

**Maslow's Hierarchy of Needs**



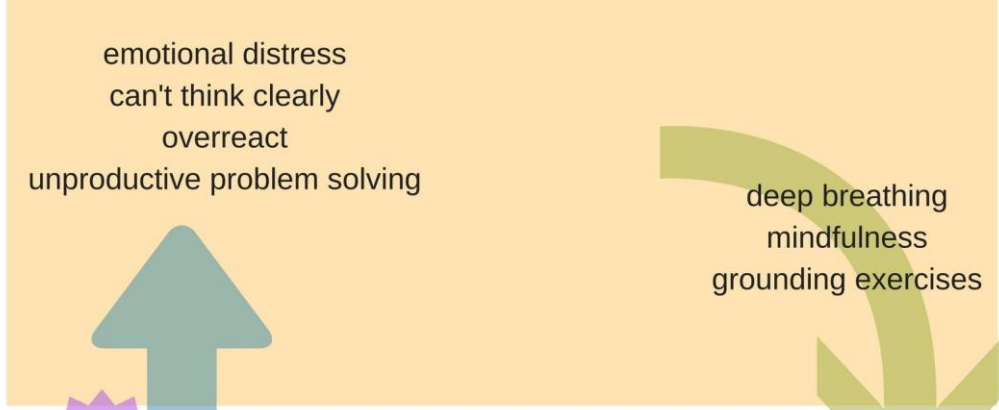




The Brain Develops From “Back to Front”

Therefore, our Emotional Center Develops before our Executive Center

**Hyper activation:** Your brain views the threat as something you have the potential to defeat

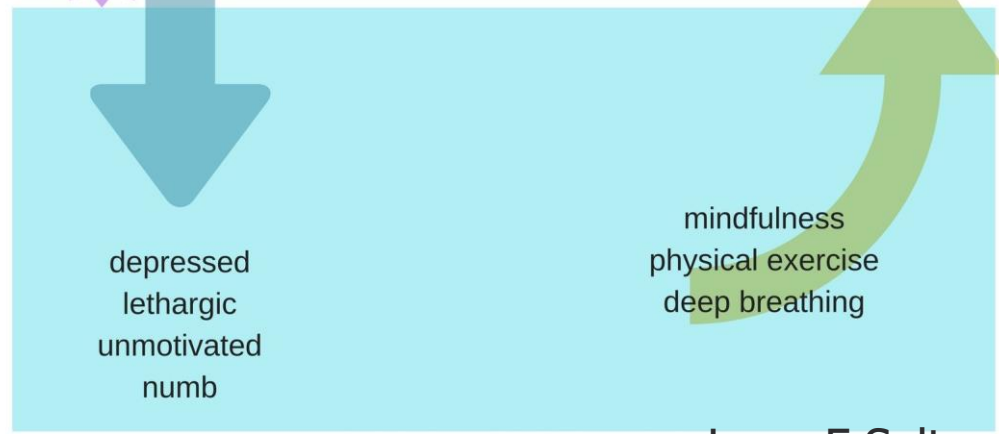


Can't calm down

## window of tolerance

optimal problem solving  
alert  
engaged  
accessing both emotion and reasoning

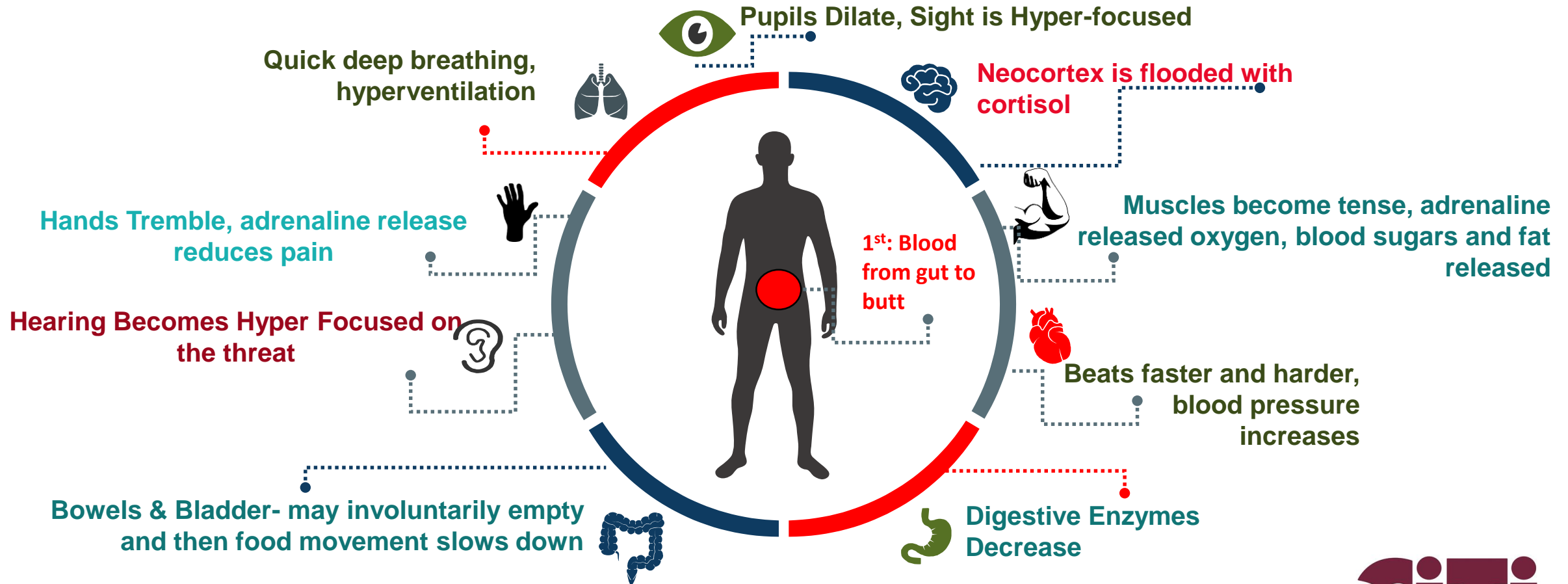
Shutting down



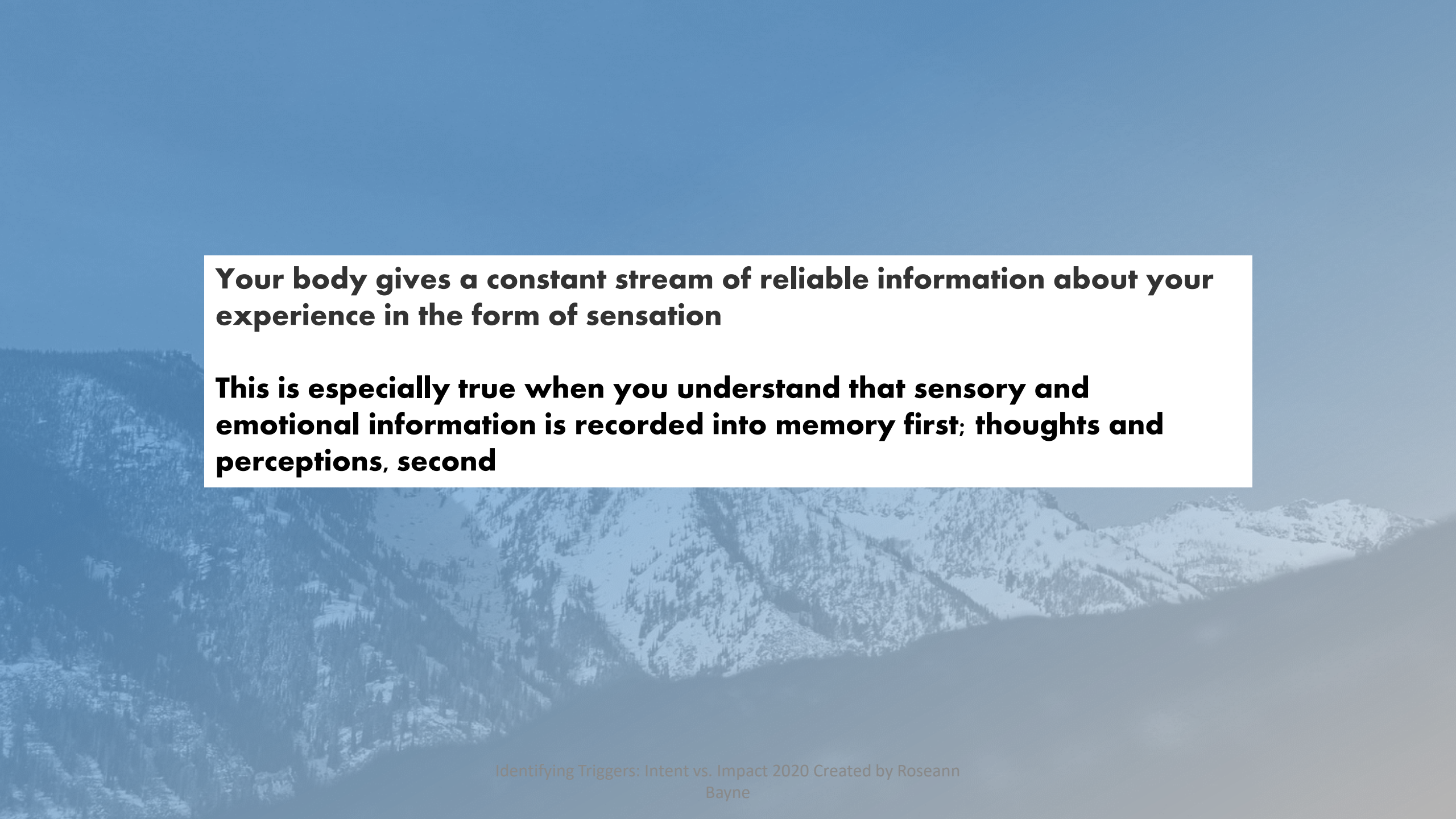
**Hypo activation:** Your brain views the threat as something too powerful to overcome

# physical effects of an hyper arousal of limbic system

## -Fight and Flight



Physical Effects Last an Average of 18 minutes for Each Activation



**Your body gives a constant stream of reliable information about your experience in the form of sensation**

**This is especially true when you understand that sensory and emotional information is recorded into memory first; thoughts and perceptions, second**



24

full use of options



6

Loss of some perspective  
“Hormonal Flush Begins”



2

More certainty perspective lost



1

75% of conscious reasoning is lost, jump to conclusions

**0 Zero Zilch Long Gone**

**HIJACK! reactive, short-term thinking, hyper-focus on threat**

**When our reactions are hysterical, the antecedent can often be traced back to historical**

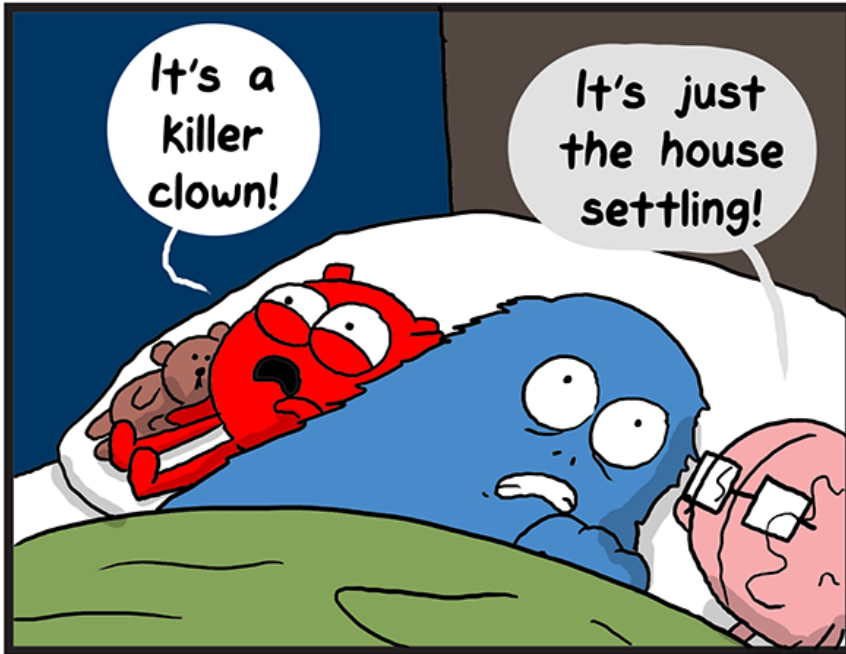
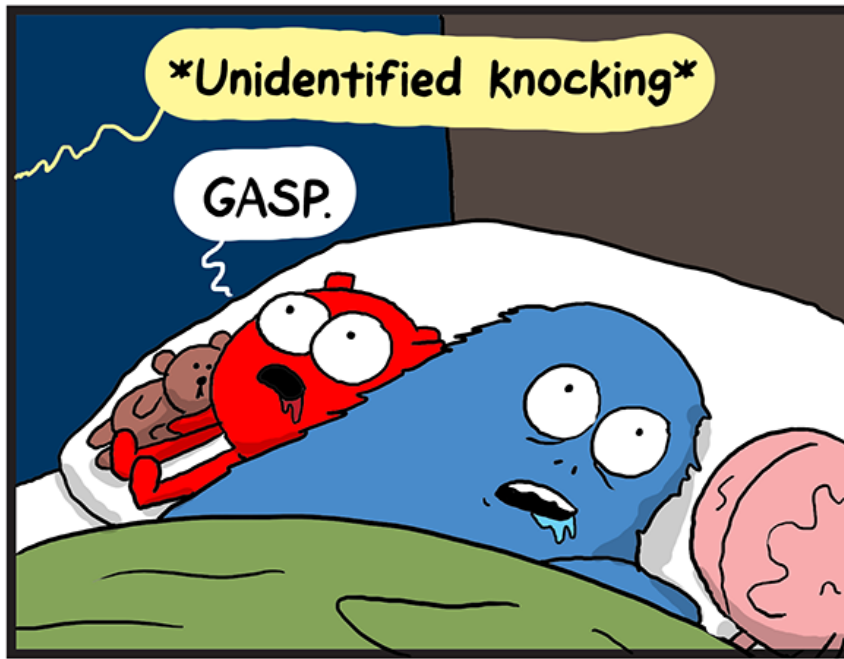
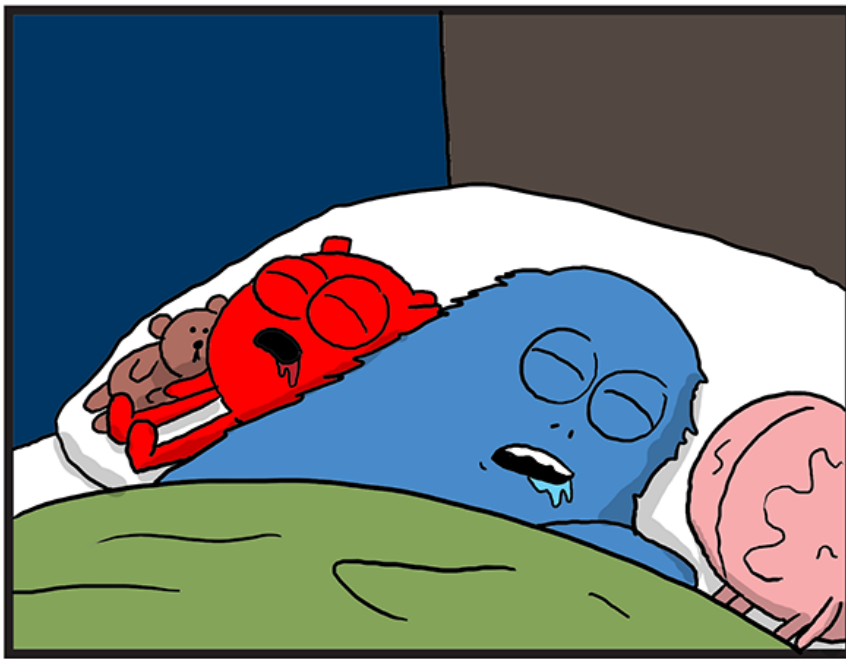




**There was a spider, I panicked.**



**But I think it's gone now.**



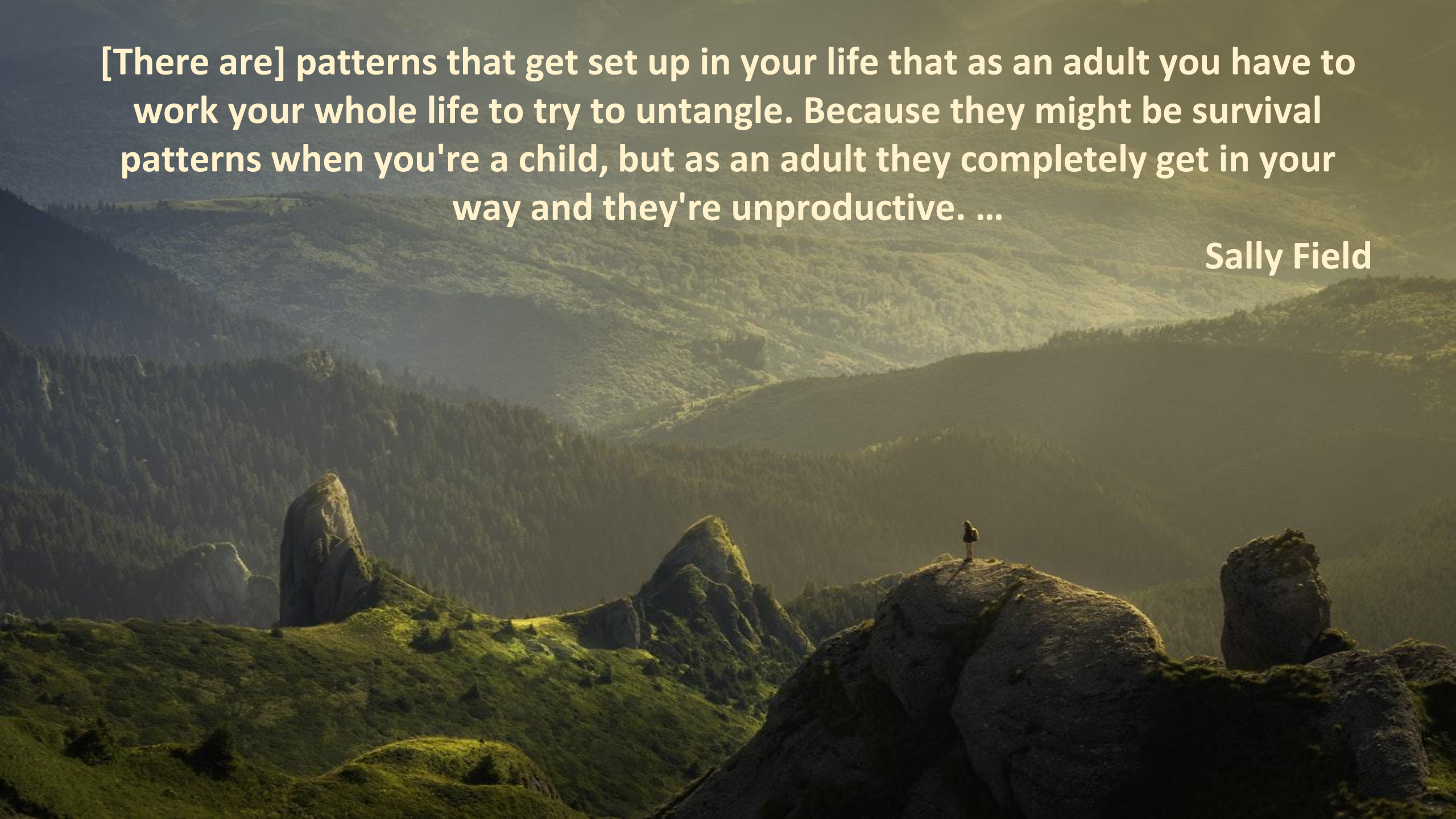
# Parking Lot Duel



Identifying Triggers: Intent vs. Impact 2020 Created by Roseann Bayne

**[There are] patterns that get set up in your life that as an adult you have to work your whole life to try to untangle. Because they might be survival patterns when you're a child, but as an adult they completely get in your way and they're unproductive. ...**

**Sally Field**



A photograph of four people sitting on a beach at sunset. They are sitting on a large piece of driftwood, looking out at the ocean. The sky is filled with soft, colorful clouds, and the sun is low on the horizon, casting a warm glow. In the distance, there are mountains or hills. The overall mood is peaceful and contemplative.

**Let's Join Our Breakout Groups....**

**Here is the most intriguing point for me so far so far...**



Triggers can be.....

**direct and external:** Your mother-in-law critiques your cooking while standing in the kitchen with you

**indirect and internal:** You are cooking dinner and your mind wanders to thoughts about national politics

**indirect:** The trigger develops from something you viewed, read or were told, although it never happened to you directly.

**internal:** Negative self-talk can trigger emotional hijacks

Type	Definition	Associated Areas
<b>Opposing Beliefs</b>	When beliefs or actions violate your belief/value system	Politics, Religion, Lifestyle, Work Ethic
<b>Trauma</b>	When previous impactful experiences are consciously or subconsciously recalled	Physical Abuse, Emotional Abuse, Sexual Abuse, Neglect, Safety, Impoverishment, Criminal Acts, Grief, Combat, etc.
<b>Ego Protection</b>	Our brain protects our perspective and our ego is tied to our perspective. Ego protection can often lead to positive or negative bias.	Respect, Value, Achievement, Recognition, Acceptance, Inclusion, Fairness, Praise, Success
<b>Phobias</b>	A phobia is an excessive and irrational fear reaction	5 categories: <b>Animals</b> (snakes, mice, spiders) <b>Environment</b> (heights, thunder) <b>Blood/Injury</b> (injection, dentist) <b>Specific Situations</b> (flying, driving) <b>Other</b> (clowns, crowds, drowning)



## Emotional/Social Triggers

Believing you are respected  
Being liked and understood  
Being needed and valued  
Being in control  
Being treated fairly  
Attention  
Failure  
Comfort  
Freedom  
Loneliness  
Resentment  
Helplessness  
Feeling Included  
Consistency  
Predictability  
Being Loved  
Feeling safe  
Hunger  
Having autonomy  
Feeling included  
Rejection  
Facing new challenges  
Having independence

## Violations of Expectations

### When others do not adhere to your norms

- Work Ethic
- Rules of the Road
- Personal Space/Proxemics
- Religion
- Politics
- Timeliness
- Parenting
- Privacy
- Sexuality

**Goals Being Blocked:** Not getting something you want

### When life doesn't work out as you planned:

- Divorce
- Lay-off/Career Issues
- Providing for Family
- Paying Bills
- Having to look for a new job

## Phobias

### Specific:

Snakes  
Clowns  
Mice  
Spiders  
Crowds  
Heights



### Social:

Excess fear of situations in which one may be judged, worry about embarrassment or humiliation, or concern about offending someone

### Agora:

Fear and avoidance of places and situations that might cause feelings of panic, entrapment, helplessness, or embarrassment

# What Triggers You Negatively?

(Makes you mad, sad, anxious or feel unsafe)

Trigger Type	Person, Place, Thing	Associated Emotion and or sensation
Opposing Beliefs		
Trauma		
Ego Protection		
Phobia		
Emotional/Social		
Other		

# What Triggers You Negatively?

(Makes you mad, sad, anxious or feel unsafe)

Trigger Type	Person, Place, Thing	Associated emotion and or sensation
Opposing Beliefs	Work Ethic- when people don't put enough effort into their job or "waste my time"	Disgust, disapproval- face gets warm, I become judgmental
Trauma		
Ego Protection	When I get the sense that I am not good enough	Sadness, self-deprecation-I feel numb, I either give up or go overboard to prove myself
Phobia	Sea gulls aka Rats w/wings	Fear, dread- heart beat increases, legs tingle- I want them eliminated from the earth
Emotional/Social		
Other	Hunger/dehydration	Short-tempered or scatterbrained- Hard to focus, weak, hyper-focused on my body instead of environment: give in more easily, make poor choices

# What Triggers You Negatively?

(Makes you mad, sad, anxious or feel unsafe)

Trigger Type	Person, Place, Thing	Associated Emotion and or sensation
Opposing Beliefs		
Trauma		
Ego Protection		
Phobia		
Emotional/Social		
Other		

# What Triggers You Positively?

(Makes you feel excited, happy, secure, elated)



# What Triggers You Positively? (Makes you feel excited, happy, secure, elated)

**Full Potential**

**ESTEEM**

*Love & Belonging*

**SAFETY & SECURITY**

*Physiological*

Blank input boxes for notes corresponding to each level.



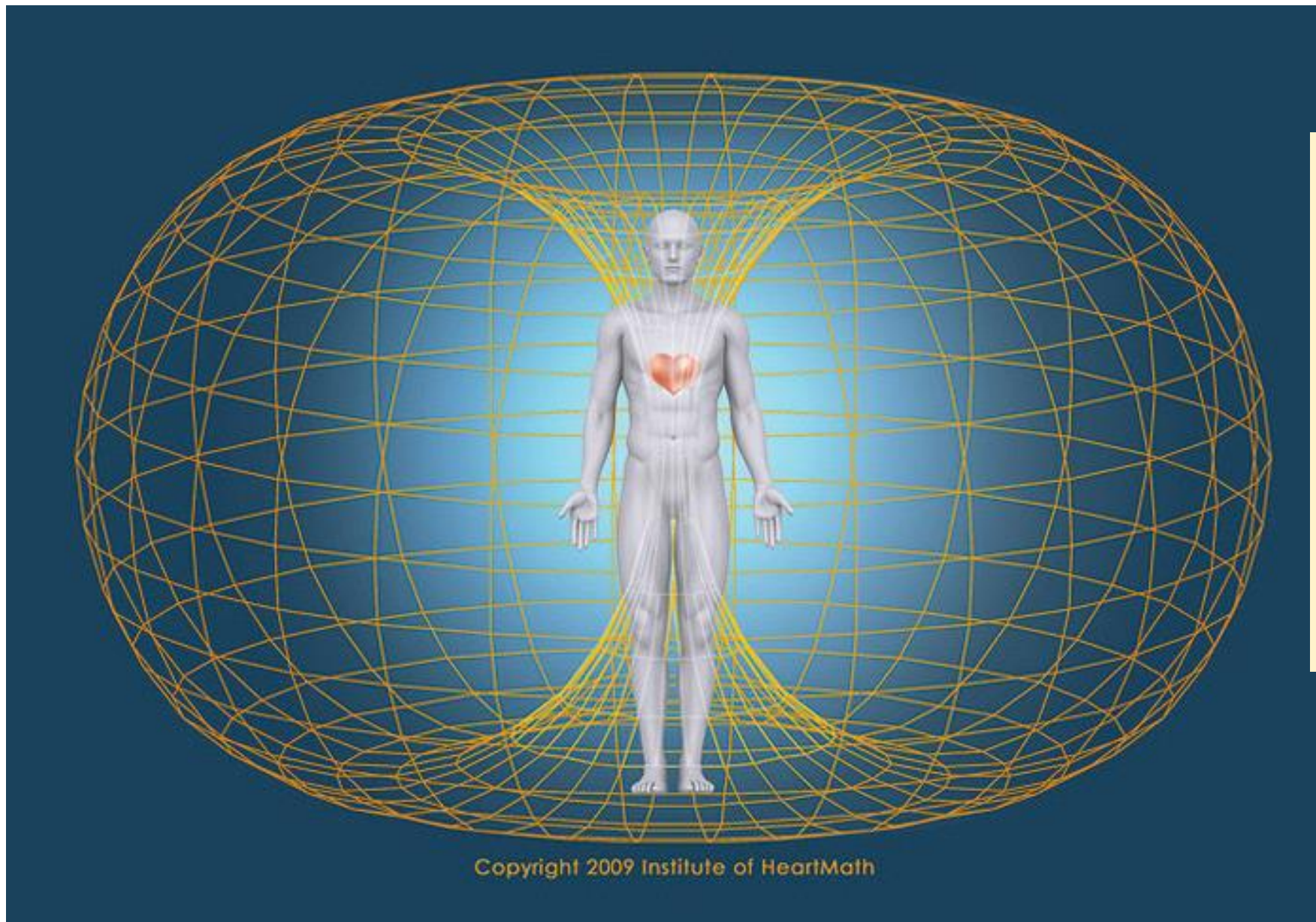
# What Impact Does Your Emotional Regulation or Dysregulation Have on Others?

|

The ability to sense what other people are feeling is an important factor in allowing us to connect, or communicate effectively with them







Copyright 2009 Institute of HeartMath

**The heart's magnetic field, which is the strongest rhythmic field produced by the human body, extends out in all directions into the space around us.**

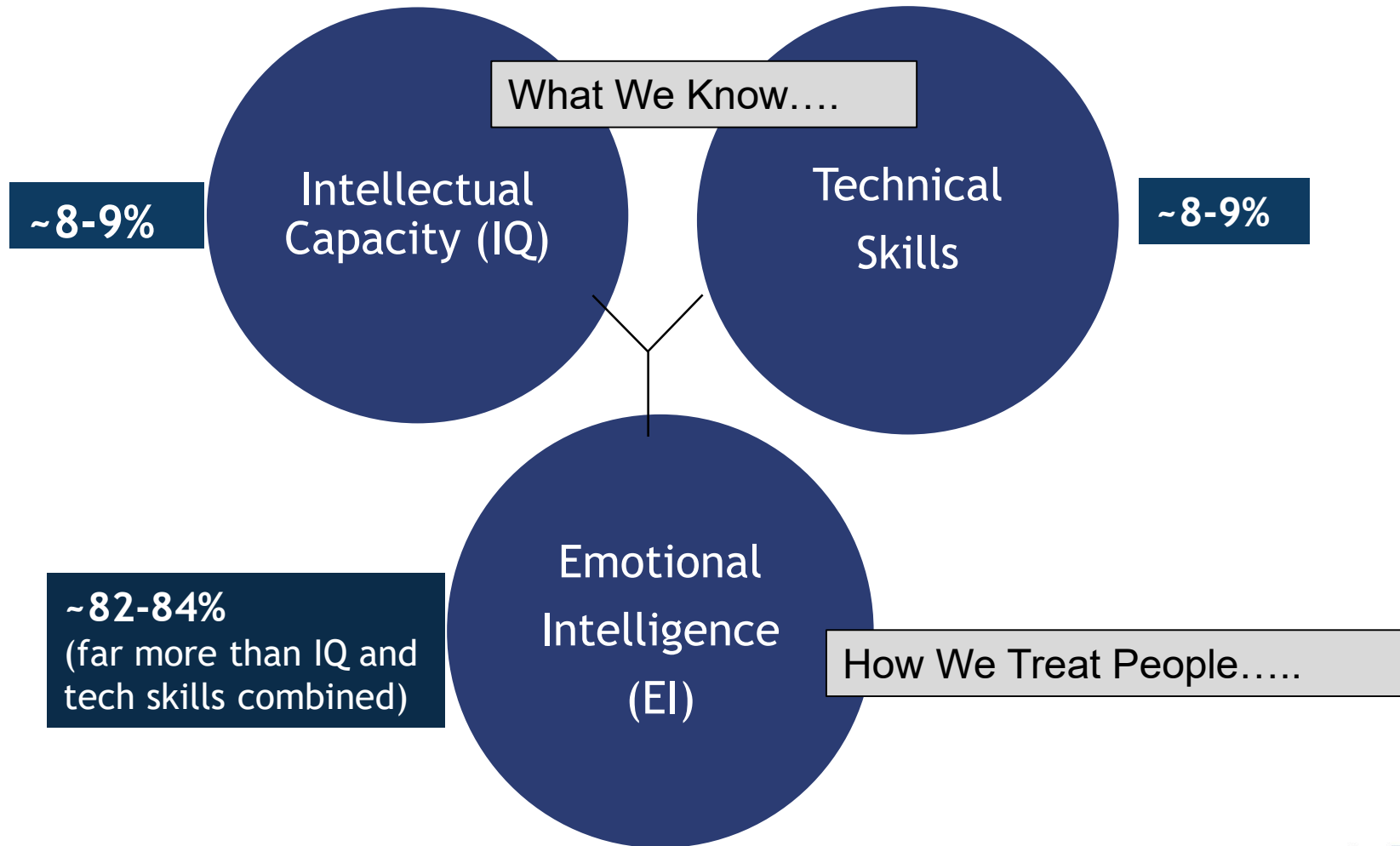
**The heart's magnetic field can be measured several feet away from the body**



Just as second-hand smoke can have the same or worse effects on the health of nonsmokers, second-hand emotions (if they're the negative kind) can have significant, long-lasting effects on the health and well being of those experiencing them.

Second-hand stress has the same effects on the mind and body as direct stress. The body experiences and interprets it as one and the same.

# Predictor of Success in Connecting with Others



# Intention vs. Impact

We judge ourselves  
by our **INTENTIONS**



**INTENTIONS**

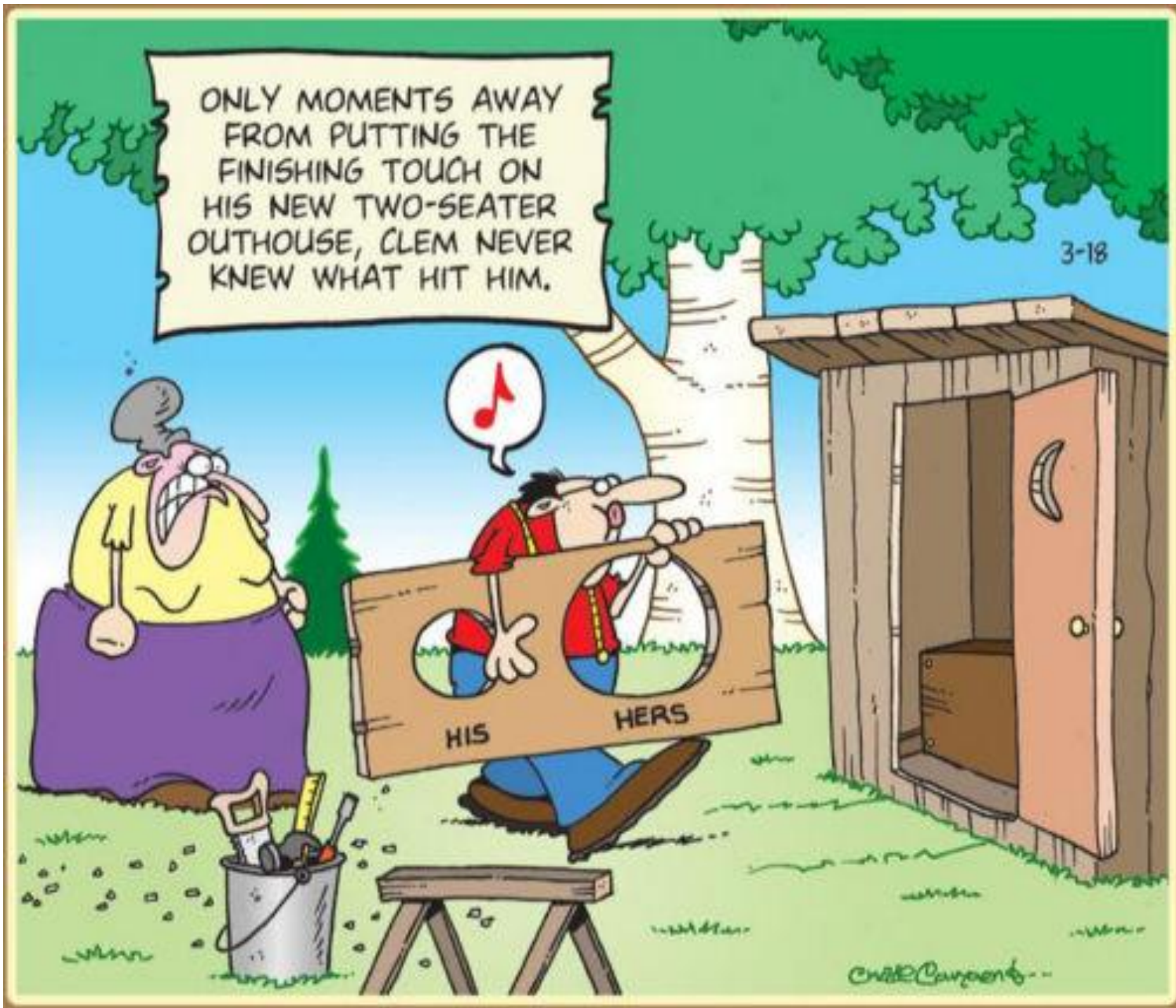
Others judge us by  
our **IMPACT**



**BEHAVIOR**



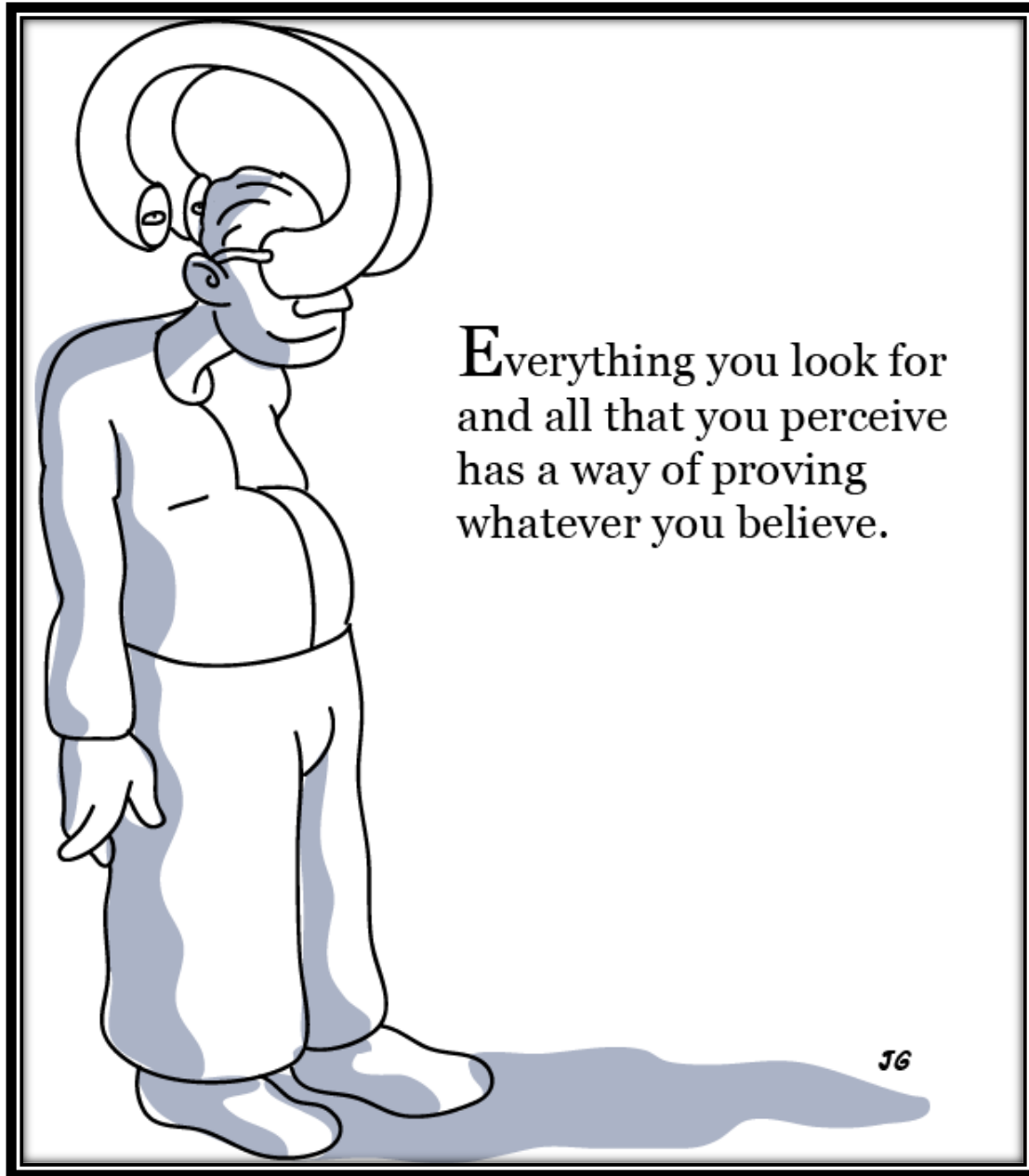
**IMPACT**



# Intent vs. Impact



What you think you said  
may not be what they heard.



**Myside Bias  
can cause an  
inability to  
effectively and  
logically  
evaluate the  
opposite side  
of an  
argument.**

# When Our Message Isn't Received As We Intended, Our Emotions Cause Us To Justify Our Intention, Not Our Impact

“I was just joking”

“I can't believe they interpreted it that way?”

“I was just trying to help.”

“I tell the truth, even when it hurts”

“I know exactly how you feel”

“They need to put their big boy pants on”

“I didn't mean it that way”

“Someone needed to tell them...,I'm always the bad guy”

“They have thin skin”

“Nobody understands me”

“I can't believe they cried”

“That's not what I said”



# Sarcasm Reaction

Fight	Flight	Freeze
Even the score	Avoid you unless necessary for survival  Make myself invisible	Emotionally Shut down



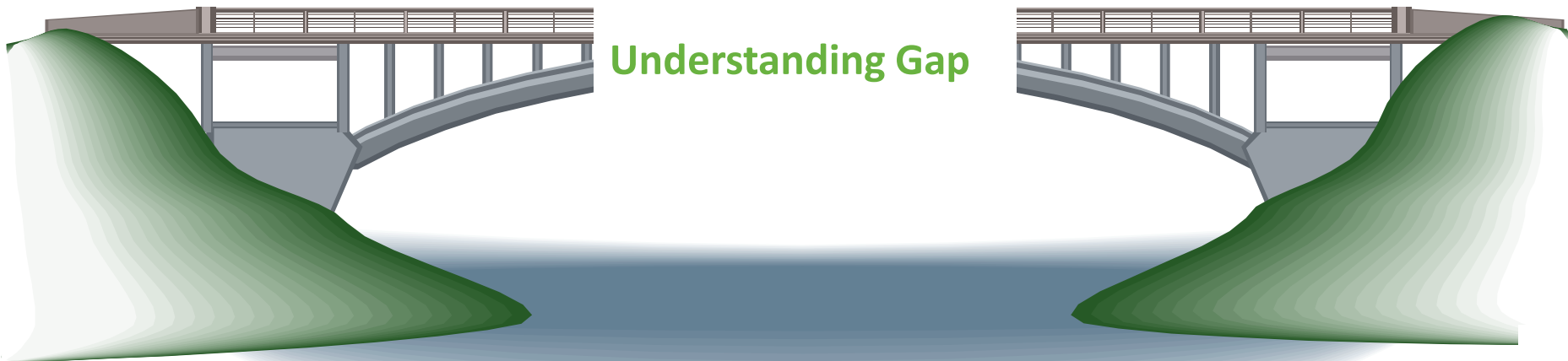
# Building Bridges

## Your Perspective...

- Beliefs
- Opinions
- Assumptions
- Experiences
- Needs/Concerns

## ...Their Perspective

- Beliefs
- Opinions
- Assumptions
- Experiences
- Needs/Concerns



**YOU'RE ENTITLED  
TO YOUR OPINION**

**BUT IT'S WRONG**

Identifying Triggers: Intent vs. Impact 2020 Created by  
Roseann Bayne

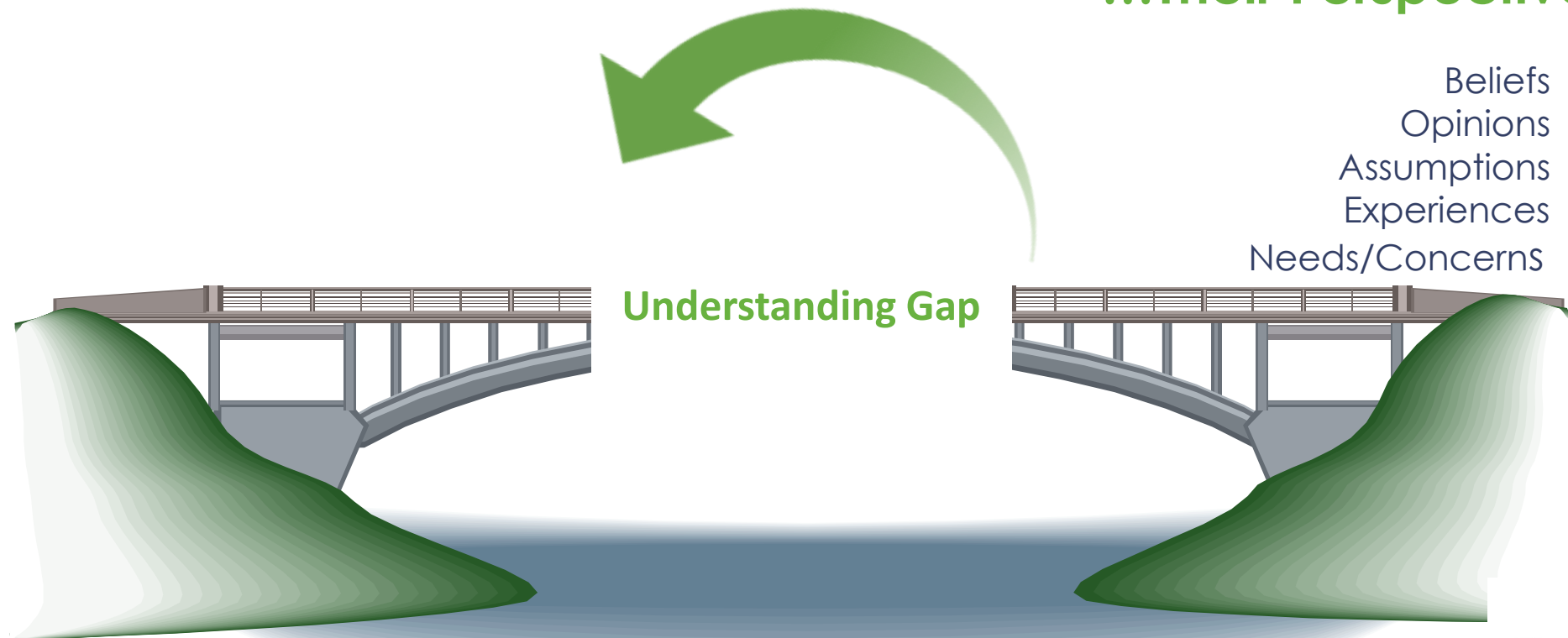
quickmeme.com

# Building Bridges From Their Side

- If we build the bridge from their side first, we suspend judgement and start looking to understand what they really mean; to understand them first.

## ...Their Perspective

- Beliefs
- Opinions
- Assumptions
- Experiences
- Needs/Concerns





## **Adults First!**

**Adults need to be self-aware and model self-management before we can expect the same behaviors from the children in our care**



# EI Application Worksheet

1. Name a person who triggers you and a situation or action that triggers you	2. What triggers you about this person and what triggers you about the situation?	3. What is your default behavior/ reaction to these specific triggers?	4. What is your potential impact on the situation?	5. What is your driving emotion?	6. What is their driving emotion?
Person:	Trigger(s):	Default Behavior:	Potential Impact:	Driving Emotion:	Driving Emotion:
Situation/Action:	Trigger(s)	Default Behavior:	Potential Impact:	Driving Emotion:	Driving Emotion:



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