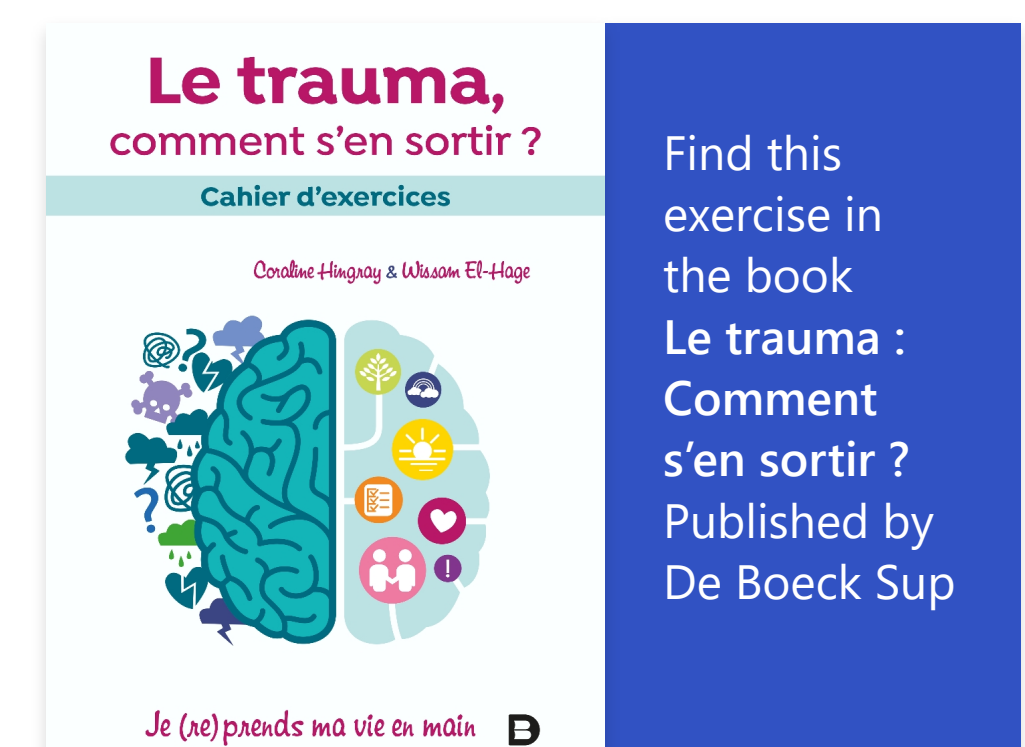


Practical information

ACTING ON MY TRIGGERS



Make a personalised list to help you manage your triggers.
It is a good idea to copy it onto a small card that you can keep with you or into a note on your phone.

ANTICIPATE

Try to prepare yourself internally for coming up in the future.

Ask for help and support from others.
Relax and recharge beforehand.

DISTINGUISH THE PAST FROM THE PRESENT

Immerse yourself in the here and now, using all five senses. Play spot the difference between the present situation and the traumatic situation in the past.

REMOVE THEM, AVOID THEM

This should be a temporary solution, but it is useful at the beginning.

DISTANCE YOURSELF

Stand back by imagining yourself flying above the situation and by going to a safe place inside yourself, a pleasant place, using relaxation and breathing techniques.

TRAIN YOUR IMAGINATION

Think of every stage of the triggering situation and project a sense of calm and control onto it.



ACT ON THIS EMOTION

We have outlined different ways to react to unpleasant emotions;

these work for when you're triggered too.
You always have options!

USE YOUR MAGIC REMOTE CONTROL

Some patients imagine that they have a magic remote control that allows them to pause, alter or speed up the reliving of the experience.

MAKE USE OF POSITIVE TRIGGERS

Photos, scents, colours, the feel of a particular fabric, happy memories: we all have positive triggers that give us a sense of security. Consider carrying one with you to help you face critical situations.

My to-do list for managing my triggers

These triggers can lead to the intrusion not just of memories, but of unpleasant emotions. Therefore, the techniques identified in channelling your emotions will also be useful to you here.

