

Handling Your Emotional Triggers Effectively

Take control of your emotional triggers by increasing your awareness and developing new ways of responding.

Understanding Your Emotional Triggers

- Learn what a trigger is: it's an experience that draws you back into the past and causes old feelings and behaviors to arise
 - Realize we all have triggers and they're different with each person
 - Identify internal causes that interfere with your ability to live in the present moment
 - Spot external prompts, like situations or certain people that always "push your buttons"
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Managing Your Emotional Triggers

- Keep a journal. Tracking your triggers is often the first step in mastering them
 - Make time to relax. Reducing daily stress makes it easier to handle intense emotions
 - Eat right, sleep well, and exercise regularly
 - Take advantage of quiet times to brainstorm new strategies you can use when you're under pressure
 - Know your capacity and proceed at your own pace
 - Place yourself in difficult positions. Be open to doing something new and more constructive
 - Develop a strong support network
 - Show compassion. Strive to be a little more patient and forgiving and people will be more likely to do the same for you
 - If you're having trouble making progress on your own, seek professional help
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