



LIVING TRIGGER FREE JOURNAL PROMPT

Triggers surface when we have given a significant meaning to a past experience. This journal prompt will guide you through reframing that experience until it no longer triggers you.

- Identify the EVENT that made you feel UPSET.
 - Take that situation and allow yourself to FEEL whatever comes forward. Write down and let it flow.
 - Now, think of alternative reasons, to this event. Switch up the meaning of this story. Though it may have appeared one way, maybe it actually didn't happen to you, but for you. Write about this.
 - Check to make sure your trigger is neutral.
 - Identify if you are looking for evidence to back up a negative belief system.
 - Meditate on this new pattern & Instill it into the body into a new form.
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