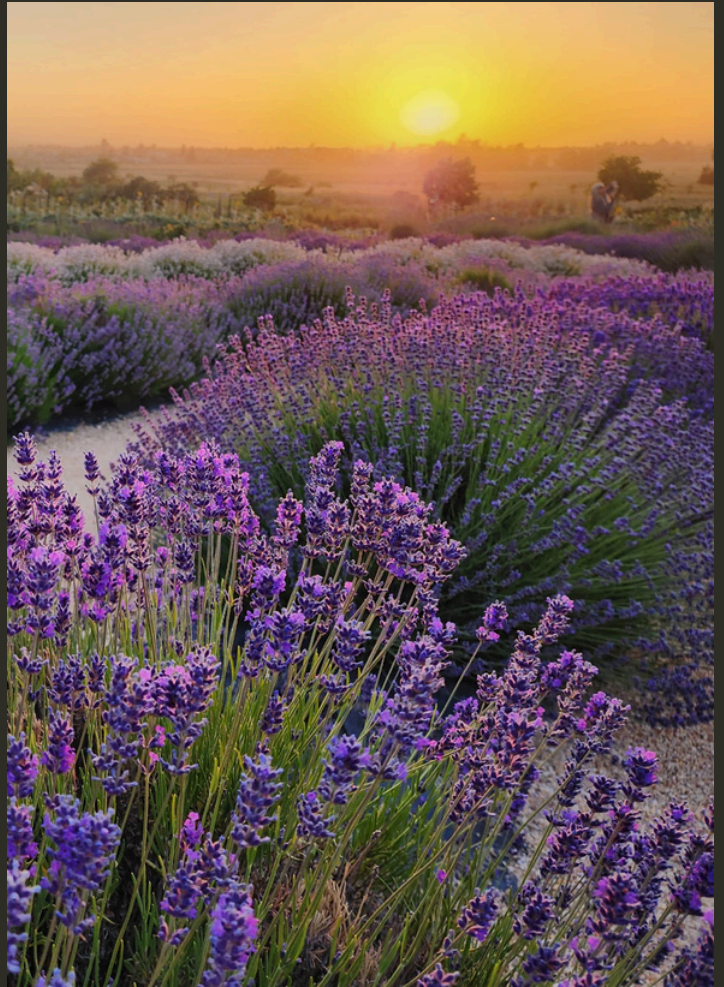


# Quick Guide to Understanding and Shifting Triggers

Dr.KellyRae



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# WHAT ARE TRIGGERS?

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A trigger is something that sets off a memory or flashback, transporting you back to the event of your original trauma. Triggers can be external (such as a sight, sound, smell, or place) or internal (such as a thought, emotion, or bodily sensation).

## Common Types of Triggers:

### 1. External Triggers:

- **Sights:** Certain places, objects, or people.
- **Sounds:** Specific noises, songs, or voices.
- **Smells:** Scents that remind you of past events.
- **Events:** Anniversaries, holidays, or significant dates.

### 2. Internal Triggers:

- **Thoughts:** Memories, worries, or negative self-talk.
- **Emotions:** Feelings of anger, sadness, fear, or anxiety.
- **Bodily Sensations:** Physical pain, tension, or fatigue.





# HOW TO IDENTIFY YOUR TRIGGERS:

- Self-Reflection: Pay attention to moments when you feel a sudden shift in your mood or emotions. Reflect on what happened just before you felt this way.
- Journaling: Keep a trigger diary where you note down situations that cause intense emotional reactions. Include details about what you were doing, who you were with, and how you felt.
- Mindfulness: Practice being present in the moment. Notice when you start feeling uneasy or distressed and explore what might have triggered these feelings.

# STEPS TO SHIFT YOUR TRIGGERS:



## **Acknowledge the Trigger:**

- Recognize when you're being triggered.
- Understand that it's a normal response to past experiences.

## **Pause and Breathe:**

- Take slow, deep breaths to calm your nervous system.
- Inhale deeply through your nose, hold for a few seconds, and exhale slowly through your mouth.

## **Ground Yourself:**

- Engage in grounding techniques like feeling your feet on the floor, holding a comforting object, or focusing on your surroundings.
- Use the 5-4-3-2-1 technique: Name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

## **Challenge Negative Thoughts:**

- Identify and question the negative thoughts that arise from the trigger.
- Ask yourself if these thoughts are based on facts or assumptions.

## **Shift Your Focus:**

- Redirect your attention to something positive or neutral.
- Engage in activities that make you feel good, such as listening to music, going for a walk, or talking to a friend.

## **Practice Self-Compassion:**

- Be kind to yourself. Understand that everyone has triggers and it's okay to feel vulnerable.
- Use affirmations like, "I am safe," "I am strong," or "I can handle this."

## **Develop Healthy Coping Strategies:**

- Find healthy outlets for your emotions, such as exercise, creative hobbies, or meditation.
- Establish a routine that includes self-care activities.

## **Seek Support:**

- Talk to a trusted friend, family member, or coach/counselor about your triggers and how they affect you.
- Join support groups where you can share experiences and learn from others.



## Conclusion:

Understanding and shifting your triggers takes time and practice. By acknowledging them, using grounding techniques, challenging negative thoughts, and seeking support, you can gradually reduce their impact on your life. Remember, it's a journey of self-discovery and growth, so be patient and compassionate with yourself along the way.



## Need more personalized support?



I'm here to help! Reach out to schedule one-on-one time with me for tailored guidance and support on your journey to understanding and managing your triggers. Let's work together to create a more peaceful and empowered you.

# ABOUT

Hello! My name is Dr. KellyRae, and I'm passionate about helping others overcome their inner critics and unlock their full potential. As a Mindset Coach/Counselor, I've dedicated my career to supporting individuals in navigating their emotional landscapes, understanding their triggers, and shifting their mindsets towards a more empowered and fulfilling life.



**Dr. KellyRae Brown**

Mindset Coach/Counselor

My journey into this field began with my own experiences of overcoming significant personal challenges. Through years of learning, growing, and healing, I discovered the power of understanding and managing emotional triggers. This transformation inspired me to share my insights and tools with others, helping them to break free from limiting beliefs and negative patterns.

In my practice, I combine evidence-based techniques with a compassionate, client-centered approach. I believe that everyone has the ability to heal and grow, and my goal is to provide the guidance and support needed to facilitate this process. Whether through one-on-one coaching sessions, workshops, or online resources, I strive to create a safe and nurturing environment where clients can explore their emotions, gain clarity, and take meaningful steps towards their goals.

I'm also the host of the podcast *Getting Through the Week*, where I share practical advice, inspirational stories, and tips to help you navigate life's challenges with resilience and grace. I invite you to tune in and join our community of listeners committed to personal growth and well-being.

Outside of my professional life, I enjoy spending time with my family, practicing yoga, lifting weights, reading, and belly-dancing. These activities help me stay grounded and connected to my own well-being, which in turn allows me to show up fully for my clients.

Thank you for taking the time to read this guide. I hope it provides you with valuable insights and practical tools to better understand and manage your triggers. If you would like more personalized support, please don't hesitate to reach out and schedule a one-on-one session with me. Let's embark on this journey of self-discovery and empowerment together!

So much love,  
KellyRae



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