

What To Do If Triggered

1. **Awareness** - Recognize that you are triggered and how it appears (anger, avoidance, numb, distraction, etc.).
2. **Be Affirming** – Acknowledge that this part has a good reason for being triggered. Tell the part that is forward that the part is important, he/she matters and affirm him/her. Tell the part that you want to hear from him/her and get to know him/her.
3. **Curiosity** - Ask the part that is triggered “What are you concerned about?” This part is bringing you some important information and likely highlights an area of past wounds. Ask “what are your needs that aren’t being met?” Have a discussion with the part about what you can do to allay its concerns. It is likely that this is a theme in your life – an area where your needs didn’t get met in your youth. This discussion with the part reveals the need underneath.
4. **Deep breathing** – When you are triggered your physical body goes into fight or flight with rapid heartbeat and activated senses. To calm down and get out of the trigger, breathe deeply and slowly 5 times or more. You can also tap lightly and rhythmically on your face to help calm your body.

Once you are calm and more able to be present and connect, here are some options:

5. **Perceive with Jesus** – Ask the Lord to show you how He feels about this. If there was a root issue, what does the Lord have to share with you about this?
6. **Petition Holy Spirit for Scriptures** – Look to the Word of God to help validate your situation and feelings. The Psalms are rich for this – one pastor shared that he just keeps reading the Psalms till he hears his own heart. The Psalms also can provide help out of the triggered state so you can return to joy. *Truth is a game changer!*
7. **Pen Your Thoughts** – Writing about stressful experiences can help you process your emotions and reduce the impact of the triggering event.
8. **Phone a Friend** – Surround yourself with supportive believers who will hear your heart and speak healing and wisdom into your life.
9. **Pray in the Spirit** – Utterings too deep for words are sometimes what helps the most. The Lord will translate! He is always there for you with His Comfort, Wisdom and Truth.
10. **Practice Thankfulness** – A sacrifice of praise & worship can change hearts.
11. **Power of Forgiveness** – Examine your heart with the Lord to see if forgiveness is needed.
12. **Peace that Passes Understanding** – He is the Prince of Peace and can calm your storm against all odds. He may not change our situations, but he can change our hearts.
13. **Plan an Appointment** – If nothing seems to help, make sure to reach out to a professional – schedule a counseling appointment or a ministry appointment with House of Hope.
14. **Prevent a Crisis** – If you feel you may harm yourself or someone else, please reach out. Call 988 (Suicide Hotline) or 911 (Emergency). Help is available and you are not alone!