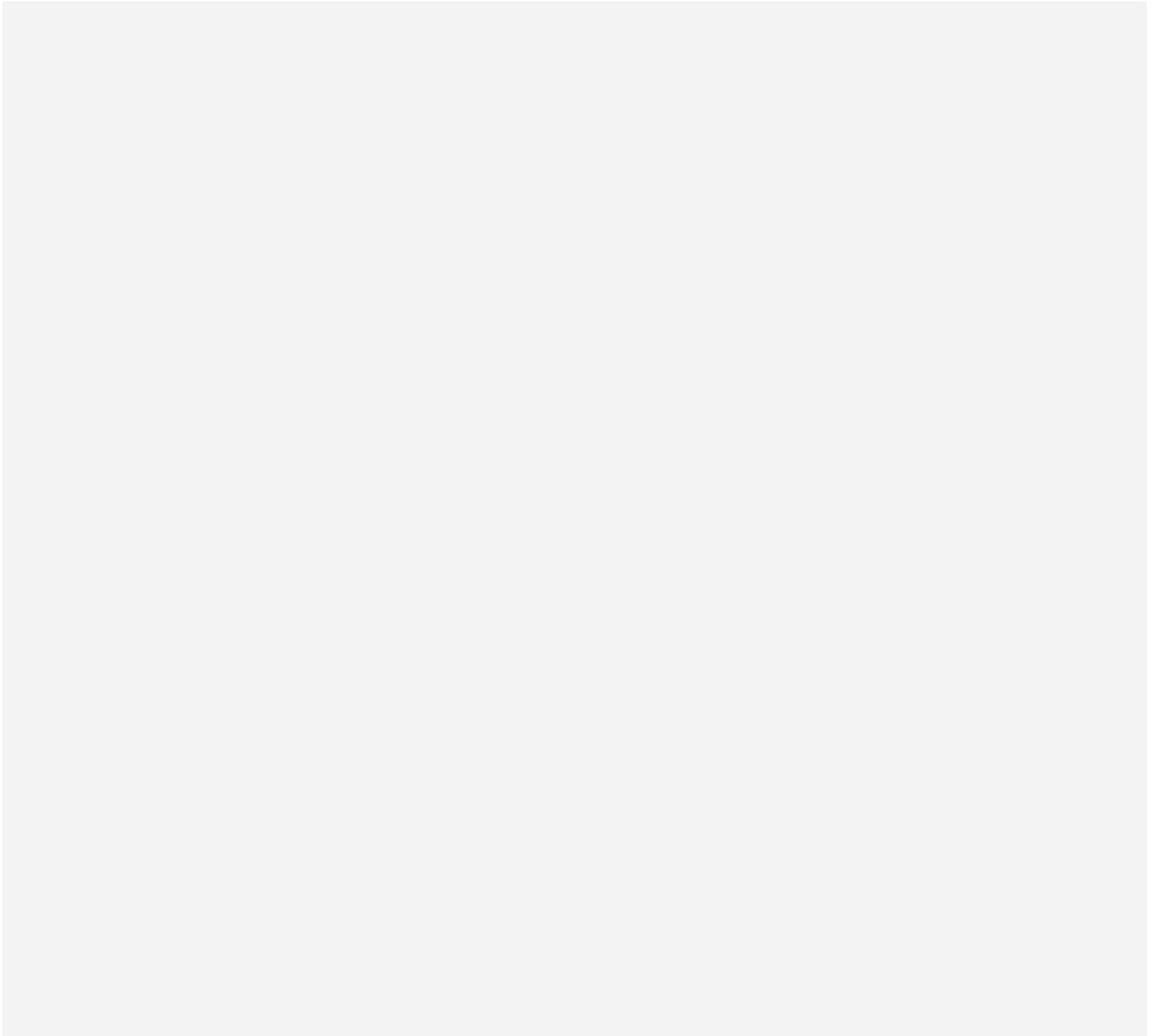


IDENTIFYING YOUR SABOTEURS

Things start to finally flow and then SOMETHING happens to derail us and we feel completely powerless against it. Identifying our triggers is necessary to being successful in our journey. We cannot fight an enemy we can't see!

WHAT ARE YOUR TRIGGERS? WRITE OUT ALL POSSIBILITIES - EX - BOREDOM, STRESS, CONVERSATIONS WITH YOUR MOM ETC..



HOW DO YOU RESPOND TO YOUR TRIGGERS?

WHAT DO YOU DO WHEN YOU GET TRIGGERED? WRITE OUT YOUR BEHAVIOURS AND THE ACTIONS YOU TAKE IN RESPONSE TO YOUR TRIGGERS.

TRIGGER

RESPONSE

TRIGGER

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IMPLIMENTING THE 10 MINUTE RULE

BRINGING AWARENESS TO YOUR TRIGGERS

When you get triggered and feel a compulsive response coming on, STOP. Apply the 10 minutes rule and get curious about your emotions around your trigger.

Ask

- What provoked this triggering response in me?
- What emotion am I trying to avoid right now?
- What emotion am I trying to feel right now?
- By giving in to this compulsive behaviour, how is it ACTUALLY serving me?
- What could I do instead?



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BRINGING AWARENESS TO YOUR TRIGGERS



REFLECTION



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