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THE TRIGGER REFRAME

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**TRIGGER
WARNING!**

How we think of triggers.

Safe spaces when defined as trigger free are impossible.

Triggers are going to happen. Period.

Triggers are normal and expected.

When you are being triggered, something is trying to be revealed. It is important information.

When we get triggered with others , there is an opportunity for more closeness, creativity and coherence when we lean into it.

We want to invite working with our triggers, while not getting hijacked by them.

Triggers are 100% about you.

Triggers occur when something in our external environment activates an internal response.

This response is based on our own beliefs, experiences, and emotional patterns.

For example:

- If someone calls you "lazy," and you feel intensely triggered, it's because that word resonates with a belief or fear you have about yourself.
- If the same person called you "purple," you likely wouldn't have an emotional reaction because that word doesn't connect to any internal beliefs or fears.

Triggers are 100% about you.

If you're triggered, it's giving you, personally, some information that's going to make life **BETTER.**

That's going to make the relationship with the person that's triggering you **BETTER.**

Being triggered is not just...

Being uncomfortable.

Disliking or disagreeing with what is happening or being said.

Having emotions come up.

Being triggered can have many different indicators.

Strong intensity of feelings, emotions that are **out of proportion** to the original stimulus.

Feeling of being jarred, or jerking forward or backward, a change in momentum. “I lashed out without thinking”. “Kicked in the gut”. “Stopped in your tracks”.

You experience trigger reactions in the fight, flight, & freeze categories.

Requiring extra effort to stay present or stay engaged.

The Protocol

When challenging moments happen it's helpful to be able to take a pulse and see where everyone is.

This system uses a simple hand gesture to indicate one's current emotional state:

1. One Finger: "I'm good, neutral, or happy."
2. Two Fingers: "I'm slightly triggered but okay."
3. Three Fingers: "I'm definitely triggered but don't need help right now."
4. Four Fingers: "I'm really triggered and open to support, but I can wait if others need help more urgently."
5. Five Fingers: "I'm triggered and need support now."

The Protocol

Depending on the circumstances, timing, general vibe of the group - as the facilitators - we will make the determination about how to move forward.

This could look like:

- Taking a moment to see if it can be shifted or cleared quickly.
- Pausing to feel what's wants to happen.
- Moving to a group process.
- Having time right after the call to process.
- Setting another time to process.
- Speaking with Sonja or Mirjam after the call.