

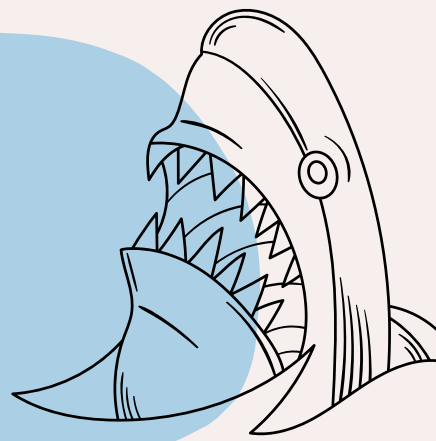
IDENTIFY your TRIGGERS



You found yourself, triggered,
you are almost losing yourself
and can kill somebody. Pause.



Take a pen and paper,
journal what comes out.
Or Start talking out loud to
your phone in a raw
manner.



Reread or relisten to what
came out 5 days later.
Highlight the main emotion
and understand the situation.

Take a pen and paper,
turn on a relaxing music.
Think about the emotion, journal
or talk or paint the emotion freely..



Once you are done, turn on the
inner child meditation, after that
you are done. CONGRATULATIONS!

