

Defining and working with our triggers

A trigger is a signal, not a setback.
You're allowed to notice, pause,
and care for yourself!

#EndChildhoodSexualViolence



WE ARE BRAVE SO THAT CHILDREN CAN BE SAFE

Strategies to cope when a trigger arises



Run your hands over cold water:

Alternate between cold and warm and notice the sensations that pop up when you switch



Use your taste buds:

Pick up a sour candy, mint, or piece of gum. Focus on its distinct taste

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Listen to an external sound:

Breathe as you listen and give your full attention to the sound



Connect with your senses:

Use the 5 senses exercise



Feel with your feet:

Place your feet on the ground or a soft surface. What are the sensations that arise?

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“Snap back” into the moment:

Put a hair tie or rubber band around your wrist. When you notice yourself triggered, pull and release the band



Study an object:

Focus on a small object, such as a pencil or coffee mug, and identify every color and shape

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