

# 5 Steps to Ease Emotional Triggers

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Emotional triggers can be the root cause of stress and stress eating which then result in increased inflammation, health issues and symptoms. Learning to work through the triggers with compassion, love and understanding can be the missing steps to full resolution of your symptoms and optimal health across your lifetime.

## 1. Become aware of the emotional trigger

- a. Take notice of the triggered stress – Who was the trigger? What situation was the trigger? Ask yourself “Why is this a trigger for me?”
- b. Identify the emotion that surfaced – anger, frustration, etc.
- c. Where do you feel the emotion and associated stress in your body?
- d. Be aware of what you eat as a result or how you want to react. An increase in sugar and wheat will increase inflammation and symptoms.

## 2. Acknowledge the emotion and situation

- a. Recognize that emotions are part of your humanness. It is normal for you to have emotions both negative and positive. Is also okay to feel this way.
- b. Write down the emotions you feel. Is this the first time you have felt this way? Or is it a repeating pattern?
- c. If it is a repeating pattern, acknowledge that you would like to change the outcome moving forward. Acknowledge this by saying to yourself “Up until now, I have been unable to change it and that is ok. I am lovable even when I feel this way!”

## 3. Learn to connect with your heart center and gain a state of calm

- a. Deep breathing exercises until you feel yourself ‘simmer down’. You should repeat this sequence as many times as needed. With practice, you can master it within 1-3 breaths vs 10 when you begin.
  - i. Inhale deeply through the nose on a count of 4, focusing on filling the belly and the back bottom of the rib cage with air.
  - ii. Hold the air for 4 seconds.
  - iii. Release the air through your mouth forcefully on a count of 4.
  - iv. Repeat until you feel yourself grounded and calm.
- b. Notice how you feel removed from the situation, almost like you are a fly on the wall, observing from the outside.
- c. Does a childhood situation appear? Do you recall what happened?  
If yes, ask yourself “What did I really need then? What do I wish had been done differently? How could I have asked for my needs to be met then? What did I really want?”

eg. I remembered being told by my Mother “You should smile. You look better when you smile” when I was upset. I did not know how to ask her to let me explain why I was feeling glum. When I reflect on the situation, I just wanted my Mom to ask me “What’s wrong dear?” allow me to tell her my story and hear her say “it will all be okay” and give me a big hug and a kiss on the cheek.

**4. Release the trigger and give yourself grace so you can fill the wound with love for yourself and who you are.**

- a. When you feel judged or judge yourself, give yourself grace for not knowing what your needs were at the time, or how to ask for your needs to be met now.
- b. Breathe in love for yourself and for others who did not know they were hurting you. Feel love pour into your body as if you were receiving an Almighty hug.
- c. Forgive yourself and others for the situation and allow the negative emotions to be replaced with kindness and love towards self.

**5. Respond calmly from your heart and express what it is you do need**

- a. Choose to be loving to yourself first. Acts of kindness to self will be mirrored with acts of kindness from others. Then respond from this place of loving, leading from your heart.
- b. Be compassionate as you work through this trigger. See it as an opportunity to release that unresolved childhood experience. Express why you were triggered talking about it makes you feel, and what it is you need so you can start to change the dynamics for the future.
- c. Ask your body what it is it needs from you. “How can I be loving to you so you can be loving back to me?” And wait for a reply. You may be surprised at what your body tells you!

I recommend applying 1 drop of Forgive and 3 of Bergmot essential oils twice daily for 1-7 weeks to support the emotional release and self-love. Apply them in the shape of a heart over your heart and over your belly. You may dilute them with fractionated coconut oil if sensitive or put the 4 drops into a diffuser.

They can be purchased at <https://doterra.me/A4ym5d50>

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She guides you to incorporate real food, anti-inflammatory and mindfulness principles so you become aware of your body’s own unique needs.