



EMERGENCY TRIGGER RELEASE PROCESS

1. Stop. Take 10 Slow Breaths.
2. Close your eyes and fade everything else out...your partner, the situation, the 'supposed' causes, and look only at your own behavior and your own state.
3. Ask yourself, "What is the 'born-on date' for this state?" How old is the version of you that felt this way?
4. Then ask yourself, "What is this young part of me afraid of?"
5. Sit quietly and *feel* as much of that fear as you can.
6. Re-engage when you are calm and centered.