

What is your typical trigger response?

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SUMMARY

The discussion focuses on how trigger responses create cyclical patterns that perpetuate emotional reactions. By recognizing and altering these responses, individuals can break free from their dysfunctional patterns and foster healthier emotional behaviors.

- *Trigger responses create repetitive patterns that keep emotional triggers alive.*
- *Different individuals react to triggers in various ways, such as becoming controlling, passive, or overly empathetic.*
- *To change these patterns, one must consciously pause and reflect on their reactions when triggered.*
- *It requires effort and sometimes isolation to break the cycle of trigger responses.*
- *Changing trigger responses can lead to a transformation in both the emotional pattern and the trigger itself.*

whenever we're triggered we enter a trigger response pattern and these patterns keep the triggers alive the trigger keeps the pattern alive the pattern keeps the trigger alive for example when am triggered I enter into superheroes save the situation fly in and rescue everybody mode somebody else may become an empath and really feel bad for the person somebody else may become super controlling hyper dominating super

aggressive maybe somebody else becomes super passive like a child or Diva whatever trigger response you have that is a pattern and that pattern keeps the trigger alive the trigger keeps the pattern alive so in order to change your dysfunctional patterns you have to break the cycle so the next time you're triggered don't enter the trigger response pause and ask how can I stop my trigger response how can I be in my body

so I don't react in my typical ways the moment you change your trigger response and it takes a lot of effort you have to go into seclusion lock yourself up right whenever I want to save everyone I have to literally handcuff myself so it takes time and effort but the moment you begin to change your trigger response the pattern begins to change and the trigger begins to change it stops