

Most Triggers Are Predictable – Here's What To Do

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SUMMARY

Most of our emotional triggers are predictable, often arising from known stressors such as family schedules, work deadlines, or fatigue. By recognizing these patterns, we can prepare ourselves mentally and emotionally for high-intensity moments, much like professionals do before important events.

- *Emotional triggers often stem from predictable situations, such as school schedules or work pressures.*
- *Many people can identify their most challenging times of day, often leading to heightened stress.*
- *Anticipating these moments allows for proactive emotional preparation.*
- *Preloading your nervous system with positive affirmations or mental readiness can enhance your capacity to handle stress.*
- *This preparation is akin to how professionals, like CEOs and athletes, prepare for high-stakes situations.*
- *Recognizing both predictable and unexpected triggers can help in managing emotional responses.*
- *Building resilience through preparation can prevent emotional breakdowns during challenging times.*

The truth is that most of the times that you and I get triggered were predictable. We knew that intensity was coming. Why? Well, we know the kids are getting home from school. We know that my husband's traveling this week. We know that, oh, I have a big work deadline. We know that, oh, I've had a really bad night and I'm likely to be tired and a bit crabby this morning. We know that witching hour comes and everybody has a tantrum just before bath time and I haven't even made dinner yet.

We can actually predict with quite a lot of accuracy much of our triggered states. You know pretty well I would say about 80 to 90% of the times that you are going to find challenging. You know if I to ask you now what's the most intense time of day? You know you're like oh obviously 4:00 like toddler didn't go down for a nap. Uh you know uh my my child just gets home from school. Everybody needs me all at the same time.

I didn't even make dinner. I'm late for work emails. I haven't worked out that morning. I'm tired from the night before. That's I snap, right? You know when that's coming. We all know when it's coming. Some of them you don't know. Some of them are shocking. Okay, we won't be able to prepare for those. But before highintensity moments, like kids coming home, like bedtime, like witching hour. I want you to preload your nervous system with leadership, a boost. Okay? It's like putting on armor.

It's like getting ready. It's like saying, "H, I'm ready. I'm doing this. I'm building out my capacity for what's coming. You know, every professional does this. CEOs do this before their board meeting. Um, boxers do this

before they go into a ring. Dancers do this before they get on stage. Anyone who has to now perform, has to be at their best, has to not break down, has to not lose it, has a moment of setting themselves