

Daily Practices

Going to the Balcony - Triggers

For a day try to:

Notice when you feel upset/disturbed/angry

At the end of the day briefly consider these questions: How do you know you were upset/disturbed/angry? What happened? What assumptions were you making? How did you respond?

Notice when you were excited/interested/engaged

At the end of the day briefly consider these questions: How do you know you were excited/interested/engaged? What happened? What assumptions were you making? How did you respond?

Observe how expectations affect your day

At the end of the day briefly consider these questions: How did you react when your expectations were met? How did you react when your expectations were not met? What have you learned today about expectations and what will you take away for the future? What is the difference between goals and expectations?

Observe when you defend yourself and your views

At the end of the day briefly consider these questions: What happened? How did you feel defending yourself? Why did you feel the need to defend yourself? What have you learned today that can help you communicate with others in a way that won't trigger your defensive reactions? If they are triggered, what strategies do you have or can you come up with to manage your triggers?

Observe your reactions to conflict

At the end of the day briefly consider these questions: Do you feel comfortable when conflict arises? If not, why not and how does it make you feel? What is your perspective with conflict when you are in it vs. when you are an outsider to a conflict?