



EMPOWERING YOUR
TRUE ESSENCE

EMOTIONAL TRIGGER'S LOG

A SAFE & SUPPORTIVE SPACE
TO RECORD YOUR UPSETS.

Harmony & Flow Within

www.harmonyandflowwithin.com



EMOTIONAL TRIGGER'S LOG

A Safe & Supportive Space to Journal your upsets!

How to work with this exercise for Optimum Results

The key to better understanding yourself is to learn to feel, understand and accept your emotions.

Each situation or event we experience can stir up a strong negative emotion or an upset. When this happens, it is an opportunity for us to learn more about ourselves. We can learn what thought patterns, limited beliefs, energetic blockages, unresolved wounds etc, are playing out.

As you progress with this exercise, you may start to notice themes or patterns in what is triggering your upsets. It will help to lead you in discovering the deeper meaning to what is causing the upsets.

This log is a mini journal if you like. It gives you the opportunity to quickly and effortlessly make reference notes to each upset. It also gives you an opportunity to self reflect on the experience.

For maximum results it is beneficial to be as raw and as honest with how you are truly feeling. This is a safe and supportive environment for you to let go and freely express yourself. This exercise can also help you to start feeling better. As we write things down there is a release that occurs at the same time. It is quite a powerful healing process, especially if you approach it with an open and curious mind.

What to record down

For optimum results, it would be beneficial to record the following:

1. The specific situation that had occurred;
2. The emotion or feelings that got stirred up;
3. How you reacted to it or dealt with the situation;
4. At a later stage when you are centred and back into balance, go within and reflect back on the experience to gain any further insights that may come to you.

Where possible write the upset down as soon as you can, while it is still fresh in your mind. You can write down as many upsets as necessary. If you experience a few upsets in one day then write them all down as each individual situation.

Additional Exercises

Re-balancing Meditation

Listen to the Re-balancing Meditation when you are in your heightened state where possible. The Meditation is provided to support you while you are experiencing an upset that has been triggered. It will help to re-balance yourself. You can use this Meditation as many times as you need when you need extra support.

I have provided some examples below to help give you a visual of what it looks like.

Date	Details (The situation, The emotion/s, The reaction/dealt with it)	Reflection
1/8/18	<p><u>EXAMPLE 1</u></p> <p>Situation: Making dinner with my partner and he is asking questions around every action on how I am preparing and cooking dinner.</p> <p>Emotions/Feelings Triggered: I am feeling annoyed, judged criticised, got quite short & snappy with him, and angry toward him. I felt like I was being attacked. Anything I do is just not good enough.</p> <p>Reaction/How I dealt with it: It turned into an argument and I started pointing the finger at him and yelling at him well then why doesn't he cook it and yelling that he is always judging me. I I didn't ask him any questions, to learn what's with all the question pointed in my direction – I just reacted to the feeling that was coming up.</p>	<p>3/8/18</p> <p>After I calmed down I gave myself some time to go over the experience from a more detached perspective. I opened myself up and allowed to see myself at a deeper level and what came up for me was the fear of rejection, my lack of self worth, not being accepted for who I am, not being loved.</p>
3/8/18	<p><u>Example 2</u></p> <p>Situation: I am by myself in the house and I just want to go to the cupboard and eat something sweet and delicious even though I know it's not really going to help me nutrition wise or my weight.</p> <p>Emotions/Feelings Triggered: I am feeling like a strong craving, a really strong desire that I just have to have it, the mind is saying "go one have it no ones' around who is going to know"</p> <p>Reaction/How I dealt with It: I let the feelings and thoughts get the better of me, like they were controlling me and I eat the sweet and tried justifying to myself later.</p>	<p>6/8/18</p> <p>I had noticed that there was a deeper feeling that was playing out at the time & instead of asking myself questions on what was going on for me in the moment I just allowed the chemical feeling in my body to take over to feed my emotions. The next time I get the same feeling I will stop myself and start asking myself some questions to be understand what is going on, on a deeper level.</p>

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