

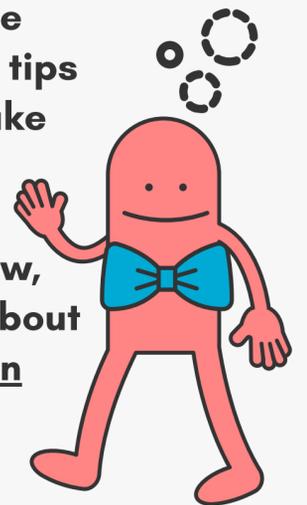
Trigger Guide

The HEAL Project | heal2end.org | [@heal2end](https://twitter.com/heal2end)

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So you want to participate in a program by The HEAL Project
Here are a few things to keep in mind:

- If you are concerned about triggers, clear your day after the program and intentionally make sure to have few responsibilities.
- There will be sharing of potentially triggering stories and opinions.
- Be prepared to pause and check in with yourself as you participate. Use the signs of triggers list below as needed. We have provided a list of self-care tips in the case of finding yourself triggered. However, you know best how to take care of yourself.
- The making of our programming is triggering at times for us too. We go slow, take time off, cry, and do intentional self-care as needed. Openly talking about these issues is part of our healing process. We are honored to get to do it in community with you.



Signs of Being Triggered

1

EMOTIONAL SIGNS
confusion, anger, nervousness, anxiety, panic, sadness, suddenly feeling unsafe, alert, and cautious

2

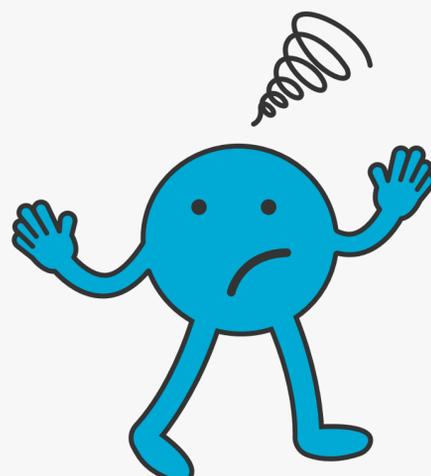
MENTAL SIGNS
dissociation, loss of patience, dizziness, disorientation, regression

3

PHYSICAL SIGNS
heart racing, sweating, sudden fatigue, upset stomach, muscle pain, shaking, intense lethargy, choking up

4

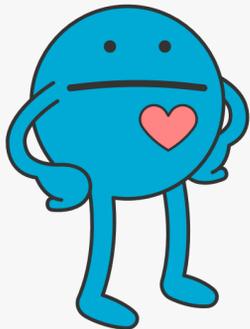
URGE FOR EXCESS BEHAVIOR
eating, working, using substances, having sex, watching tv, ruminating shopping



5

FLASHBACKS
visual flashbacks, emotional flashbacks (body memory), sensory flashbacks

10 Self Care Tips In Case Of Being Triggered:



1. **Tell yourself "I am safe. I am OK."** Remind yourself that you are an adult capable of taking very good care of yourself. Remind yourself that these feelings will pass and you will feel better.

2. **Rage Therapy:** punch a pillow, cry, scream, go for a run.

3. **Somatic Therapy:** place your hand on the back of the neck and squeeze, caress your own arm, hug yourself lovingly and hold for a few minutes.

4. **Slow Down Therapy:** breathe, stretch, cancel plans, nap, listen to soft music, meditate.

5. **Kink Therapy:** If you are a BDSM practitioner, schedule a scene or play date.

6. **Get out of the house** and go for a walk or a drive.

7. **Call a friend** and express your feelings (e.g. sadness, guilt, anger).

8. **Talk gently with the inner child** and reassure protection and safety.

9. **Pour out (say out loud) your feelings** as if you were a small child (e.g. I hate her for doing that).

10. **If possible, identify the source of your trigger. Allow yourself to grieve.**

