

The Journal

This conversation isn't asking you to become less emotional; it's asking you to become more intentional. These journal prompts are designed to help you notice what happens between the trigger and the reaction - because that's where your emotional power is waiting.

Think about the last time you were triggered emotionally. What happened?

What did you immediately feel?

What did you immediately do?

Looking back now, was there another response that might have served you better?

Which situations trigger the strongest emotional reactions in you?

Criticism?

Rejection?

Being ignored?

Conflict?

Making mistakes?

Feeling misunderstood?

Or something else?

What do you think those situations have in common?

When you feel triggered, how do you usually respond?

Is that response protecting you, or is it repeating an old survival strategy?

When you're emotionally overwhelmed, what are you usually trying to achieve?

To feel safe?

To feel accepted?

To avoid conflict?

To regain control?

To stop the discomfort?

What might you need instead?

This conversation introduced a new question: **what does this moment need from me?** How might your life change if that became your first response instead of your automatic reaction?

Which emotion is most likely to take over your decision-making?

Fear?

Guilt?

Shame?

Anger?

Anxiety?

What would happen if you listened to that emotion without allowing it to make the final decision?

Think of one recent situation that didn't go as you hoped.

If you could replay that moment with a power pause before responding, what would you do differently?

How would the outcome be different?

Which of these statements feels most important for you today?

Not every disagreement is danger.

Not every silence is rejection.

Not every mistake is failure.

Not every uncomfortable feeling requires immediate action.

Why does that statement resonate with you?

Imagine that your calm, wiser self had been standing beside you during your last emotional trigger. What do you think they would have whispered before you reacted?

The old sequence in my life is:

Trigger.

Reaction.

Relief.

The new sequence I want to practise is:

Before you move on to the next exercise, spend a moment reflecting on these final thoughts:

- ♥ you don't have to stop your emotions.
- ♥ you don't have to become someone who is never triggered.
- ♥ you simply must protect the space between the trigger and what you choose to do next.

Because that small space is where your emotional power is waiting and every time you use it, you reclaim another piece of yourself.