

THE CHOICE IS YOURS: REFLECTION EXERCISE

Using this five-step process in the moment or right after you get triggered will help you turn the focus to you and decipher the teaching. Remember, you can only change *your* perspective and behavior, so the more you gain clarity about what's triggering you and your reactions, the more choices you'll have to respond differently.

Take some time to reflect now on what triggers you. Where are your fingerprints on the circumstances that have led you to this moment? How have you contributed? What's your personal responsibility here? What do you want now? This understanding and information will allow you to pre-empt those trigger reactions and prepare you to respond instead.

RECAP:

1. TRIGGER: *"I'm triggered when..."*
2. REACTION: *"My trigger reaction is..."*
3. FEELING: *"Underneath that I feel..."*
4. TEACHING: *"What I can learn from this is..."*
5. CHOICE: *"One thing I will now choose is..."*