



Season 1 | Episode 4: Mapping Relational Triggers

A guided companion for pausing, noticing what your body and mind have been carrying, and reflecting on what you may need now.

TOOL #1 | REFRAMING RELATIONAL DYNAMICS

Instead of continually asking yourself this exhausting question: *"Why do I always attract emotionally unavailable people?"*

I want you to try and pivot your perspective to ask these instead:

- What feels inherently familiar about this relationship dynamic?
- What role do I automatically step into without realizing it?

Are you playing: **The Rescuer? The Fixer? The Peacekeeper?** Or the one who never asks for anything?

The human nervous system is complex. When trying to alter relationship outcomes, we should focus less on external variables and more on our internal patterns: *What are we replaying? Is this an old habit loop?*

YOUR REFLECTION:



TOOL #2 | THE PAUSE BETWEEN TRIGGER AND STORY

The next time you notice a strong, sudden emotional reaction or relational spike, slow down and ask:

1. What actually happened? (The objective data)
2. What narrative story did my brain immediately construct around it?
3. What is my body physically doing right now?

Then ask one more foundational question: *"Does this intense feeling belong entirely to today... or could part of it be older?"* That single query creates vital reflective space. And space is where true healing begins.

YOUR REFLECTION:



TOOL #3 | THE SOMATIC SAFETY BREATH

The next time you are triggered or overwhelmed, walk through these physical grounding steps:

- Place a grounding hand directly onto your chest.
- Take **two quick, sharp breaths in**, filling your lungs completely.
- **Pause and hold for exactly 4 seconds**, visualizing that your body is completely safe in this room.
- Remind yourself you are not in danger, but that your body is simply trying to communicate an old memory.
- Exhale slowly and intentionally, pushing all the air out of your lungs. Imagine consciously getting rid of fear thoughts with your exaggerated exhale.

Repeat this cycle a couple of times to stimulate your vagal nerve and transition back to your calm parasympathetic nervous system.

YOUR REFLECTION:
