

Understanding My Triggers - Published 09/15/2016

In this issue of WRAP News we will start to explain why triggers are such an important part of WRAP. We will define what a trigger is, give a few examples of triggers, and start to look at how to manage our triggers.

First of all – what is a trigger? In WRAP, we define a trigger as an event that is **external** to us, that causes us to have uncomfortable or difficult feelings. The key word here is **external**. Triggers are always something outside of us. They are things that happen to us.

As the old saying goes, we can't control what happens to us, but we can control how we react to what happens. Many of us have used our WRAP to gradually understand our triggers and begin to manage what happens to us when we are triggered.

Here are some examples of triggers:

- Someone yells at me
- Anniversary of a loss
- Family friction
- Financial problems
- I burn my toast in the morning

At this point in WRAP we do not actually attempt to resolve the problems that cause the triggers. We just learn how we can handle the triggers in a more safe and healthy way. Once we have learned to be safe when a problem triggers us, then we go back and start to work on resolving the problem that causes the triggers.