

Triggers May Depend on Our Situation – Published 06/15/2017

Recently I have had several conversations about how triggers can be dependent on our situation. Today we will recap the basic ideas of those conversations so that it might help you to continue to improve your WRAP skills.

A few days ago, someone told me that they had thought they had a pretty good understanding of their triggers. They also thought that they had been skillful in the way they were dealing with their triggers. However, they were having some intense difficulties with certain triggers. As we talked, I asked if there had been any recent changes in their situation. They mentioned that they had recently gone back to work for the first time in several years.

This reminded me of when I went back to work for the first time in ten years. I explained that I had also gotten a good handle on my triggers. However, going back to work had brought several triggers that I had not had to look at because I was not working.

This experience helped me to understand that for many of us we have triggers that come from specific situations. For example, we may have triggers that are related to our personal relationships. We can work on a lot of triggers, but if we are not in a personal relationship those triggers may not happen. As soon as we get into a personal relationship we may start to experience the triggers related to that situation.

At first, I would get upset when I was triggered in a way that I had not been before. I used to think that I was not making any progress. After all, how could I be making progress if I continued to get triggered? Eventually I realized that these were new triggers. I was being effective in using my trigger action plan on the triggers that I understood.

I stopped condemning myself for reacting to newly discovered triggers. How could I do my action plan on a trigger that I had not discovered? Instead, I began to compliment myself on the fact that I was successfully handling the triggers that I understood. Even though the newly discovered triggers were making me uncomfortable as I discovered them, I took them as a sign of progress. In this case, the progress was that a newly discovered trigger meant that I was moving past the triggers that I understood, allowing me the opportunity to turn my attention and skills to other triggers that were getting in the way of me being happy and healthy.

Do I think that I will ever discover all of my triggers? Probably not. Even though I may never find all my triggers, I can always improve my skills at recognizing them and dealing with them in a safe and healthy way.

For me, that is why this is a journey to inner peace and happiness. The journey continues daily. There are rest points, overnight stops, and an occasional stopping for a few days to understand the journey and figure out the next destination. I may never discover all of my triggers, yet my journey always continues. I find my reward in continuing the journey, not in achieving the destinations along the way.

Questions or comments? Join our [Thursday night online support](#) group or [send us an email](#).