

WORKING THROUGH TRIGGERS

STEP ONE:
IDENTIFY PAST OR
POTENTIAL TRIGGER

STEP TWO:
IDENTIFY HOW THIS
TRIGGER MAKES ME
FEEL AND WHY

STEP THREE:
IDENTIFY WHAT I NEED
IN ORDER TO FEEL SAFE

STEP FOUR:
IDENTIFY WHAT
ASSISTANCE MY
HUSBAND CAN GIVE
(NONE, START OR
STOP) AND FOR THOSE
APPLICABLE TO MY
HUSBAND, REQUEST
MY NEED

STEP FIVE:
ALLOW GOD'S TRUTH
TO SPEAK INTO THE
TRIGGER