

Body Triggers Tool

Here's a great way to shift your way of being by reflecting on how you react physically in specific situations. Use 3 examples of situations where an issue has come up to fill out the templates. You can use 3 examples of the same issue, or 3 completely different issues. Then fill in the Body Triggers Summary Table to assess patterns.

Body Trigger Reflection Questions:

Situation 1:

1. Event: What happened? (Keep it brief)

2. Reflection: What happened in your body before, during and after the event? Think of your hands, face, shoulders, eyes, breathing, heart rate, mouth, etc. Speak to physical changes, and save the interpretation for the next section.
 - Before:

 - During:

 - After:

3. Analyse: What do your physical reactions mean? What was your body telling you before the event? What about during and after the event? These are your body triggers.

4. Learnings: When else do you get the same reactions? What generally conclusions can you make about your body triggers?

5. Future Application: How can you change your body physically to shift your perspective, mood or language around this situation? How can you apply these techniques in future situations?

Situation 2:

1. Event: What happened? (Keep it brief)

2. Reflection: What happened in your body before, during and after the event? Think of your hands, face, shoulders, eyes, breathing, heart rate, mouth, etc. Speak to physical changes, and save the interpretation for the next section.
 - Before:

 - During:

 - After:

3. Analyse: What do your physical reactions mean? What was your body telling you before the event? What about during and after the event? These are your body triggers.

4. Learnings: When else do you get the same reactions? What generally conclusions can you make about your body triggers?

5. Future Application: How can you change your body physically to shift your perspective, mood or language around this situation? How can you apply these techniques in future situations?

Situation 3:

1. Event: What happened? (Keep it brief)

2. Reflection: What happened in your body before, during and after the event? Think of your hands, face, shoulders, eyes, breathing, heart rate, mouth, etc. Speak to physical changes, and save the interpretation for the next section.
 - Before:

- During:

- After:

3. Analyse: What do your physical reactions mean? What was your body telling you before the event? What about during and after the event? These are your body triggers.

4. Learnings: When else do you get the same reactions? What generally conclusions can you make about your body triggers?

5. Future Application: How can you change your body physically to shift your perspective, mood or language around this situation? How can you apply these techniques in future situations?

Body Triggers Summary Table:

Situation Type (In a situation where ...)	Body Trigger (my body reacts by ...)	Future Application (To create a new possibility, I will change this ... by ...)
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