

Emotional Detriggering

Emotional Freedom Is Power

When you're emotionally triggered you don't always have the control to choose what you say or how you react to others. When you're detriggered it's easier to stay emotionally calm and balanced no matter what's going on around you.

In this one-week program, you'll learn the essential skill of emotional detriggering so that you can repeat it whenever you need to. Keep practicing on a regular basis and you'll find yourself feeling better, *and* you'll find your relationships becoming naturally more positive and supportive without others having to "do" anything. *Check off each activity as you complete it below.*

__ DAY 1: Print this syllabus and register for reminder emails on the website. Set aside time on your schedule for the next 6 days to engage with this material and set your intention to complete this work this week

__ DAY 2: Review **Lesson 1**. Do the worksheet to identify your personal triggers, and choose a situation or relationship to detrigger

__ DAYS 3-4: Review **Lesson 2**. Write a neutralizing letter before you go into a situation that triggers you

__ DAY 5-6: Go into the situation that triggers you and notice how you respond after writing a neutralizing letter. Use **Lesson 3** to reflect on your experience and write another neutralizing letter for whatever remaining feelings you have about the situation

__ DAY 7: Review **Lesson 4** to make yourself a plan to continue detriggering other situations and relationships

How to become emotionally detriggered all the time

1. Learn the tool

Follow these 4 lessons to learn the tool and the process in the space of a week.

2. Learn the practice

Use Lesson 4 to identify the most common triggers you struggle with in your life right now. The worksheet in Lesson 4 will walk you through developing a personal development plan to help you detrigger each of these situations. Set aside the time to do this work and you will notice all your relationships becoming smoother!

To access your online materials go to:

Lessons: <http://inpowercoaching.com/detrigger-emotions>

Discussions: <http://inpowercoaching.com/forums>