

RECLAIMING YOUR PEACE:

Navigating Trauma Triggers



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INTRODUCTION

Hello Welcome to this Safe Space for Healing

Hey there, you've taken a big step by deciding it's time to reclaim your peace and get those triggers under control. I'm genuinely proud of you, and I truly hope this workbook becomes a valuable resource on your journey to understanding, navigating, and committing to the work needed to find your peace.

First things first, though – let's talk about intention. Without it, all the words in this workbook won't do much for you. So, before you dive in, make sure you're in a headspace where you're ready to receive and commit to living your healthiest version. I believe in you, but the real question is, do you believe in yourself? If the answer is yes, then let's dive right into it! If not, no worries – come back when you're ready.

This workbook is designed to be interactive, so you'll be engaging with it and using the tools throughout. Oh, and speaking of intention, let's also make room for honesty. Be real with yourself, how you feel, and what's happening in your life, whether it's good or bad. Honesty and intention will create the fertile ground for the "work" to thrive in your life.



But enough about that for now. I'm Brianna Aubrey, but you can call me Brie. I'm a Certified Life Coach , Mental Health Advocate with a focus on healing and healthiness. Lets get started on doing the inner work, shall we!

First identify what is triggering you.

Let's roll up our sleeves and dive right into the good stuff—doing the work! First up, we're going to pinpoint those triggers and get to know the backstory—the trauma that's hanging out with them. Think of it like detective work for your emotions.

Grab a pen and paper, your journal or open up a fresh document on your device. We're going to uncover the "who, what, when, where, and why" of your major triggers. Once you've got those triggers on paper, let's get to the heart of the matter. Why is each one a trigger for you, and where did it all begin? This is where the "work" happens.

It can be tough, and it might bring up some feelings you'd rather keep hidden. But no worries! Identifying and writing it all out is like shining a light in the dark corners of your mind. It helps you understand what you're up against so you can start the healing process. So, let's embark on this adventure together, uncover those triggers, and set the stage for some serious healing. You've got this!

Below is an example of how you can set up writing down your triggers:

Triggers	What Traumatized Me?	Who? When?
Shouting	My Parents yelling at me all the time as a child And using that as their only form of communicating with me when I did something wrong.	Parents / Childhood
Violence	Seeing my family fight each other when they are upset.	Family/ Childhood
Someone telling me what to do.	Anytime i had an idea or wanted to express myself it was dismissed and I was told what to do instead.	Family/ Childhood

Triggers are as strong as you allow them to be .

Lets talk about triggers and the remarkable power they hold over our lives. Ever noticed how they can hijack your thoughts, feelings, and perspectives if you let them? Triggers are like those unwelcome guests at a party – they show up uninvited and throw everything into chaos. Picture this: You're going about your day, minding your own business, and then BAM! Something triggers you, and suddenly, it's like you're starring in a dramatic soap opera. You're not feeling like your usual awesome self, right? Well, that's because it's not really you; it's a version of you that's reacting to past experiences. See, trauma does some funky things to our brains. It's like a rewiring project gone haywire. But guess what? We have the power to rewire it back, and this time, we're doing it the healthy way. Why? Because we want to be our healthiest selves, not the best, the perfect, or even the happiest – just the healthiest.

Healthiness is like wearing super-cool shades that help us see life from a peaceful perspective. It means we can handle whatever curveballs life throws at us with grace and maturity, like the true champs we are. Now, let's get to the good stuff. Take out your list of triggers and give it some love. Whether you're a prayer warrior or prefer affirmations, it's all good.

For example: Pray " God, may you please help me heal from the childhood trauma of my parents shouting at me". Or if you prefer affirmations: "I can acknowledge the hurt from my parents' shouting in my childhood."

Once you're done, take a deep breath. Inhale all the hurt, pain, and sadness. Then, as you exhale, let it all go, making room for peace, understanding, and forgiveness. You've got this, and your triggers don't stand a chance against your strength.

The 3 A's

Acknowledge, Accept & Alter.

Let's dive into what I like to call the "3 A's" – Acknowledge, Accept, and Alter. These are powerful tools in your journey of healing from trauma, and I want to break them down for you in a relatable and understandable way.

First, there's **Acknowledge**. When we talk about acknowledging, it means facing what has traumatized you head-on. It's about recognizing and owning the experiences that have hurt you.

Next up is **Accept**. Acceptance means coming to terms with what happened to you and who was involved. But here's the important part: acceptance doesn't mean you have to allow certain things to continue. For instance, if a parent was the source of your trauma, it doesn't mean you have to permit them to keep harming you. If they're not willing to grow, heal, and evolve as a person, you have every right to protect yourself. It's tough, but sometimes, tough decisions have to be made. Don't let anyone pressure you into keeping harmful people in your life just because they're family or because you've known them for a long time. Acceptance doesn't equal allowance. It means acknowledging them and their pain for what it is and deciding if you want to keep them in your life moving forward. Remember, it's your choice, and you don't have to.

Lastly, we have **Alter**. This step is about changing the chaotic or negative behaviors and actions associated with your trauma. Pss (we are altering the way our brain responds to it now) The more power you give to your trauma triggers, the more they control your life. Altering this pattern is where your strength and resilience shine. I want to emphasize that practicing these 3 A's takes time and discipline. It's not something you'll master overnight, and that's okay. Be kind to yourself, show yourself some grace, and keep applying and practicing these principles. Healing is a journey, and you're taking important steps forward.

Vulnerability

So about vulnerability.. that intricate dance we all do with it, and how it can be a powerful force for personal growth. You see, vulnerability is often misunderstood. Many of us were raised in an environment where we were told to toughen up, hide our feelings, or not acknowledge vulnerability because it was somehow seen as a weakness. I'm sure some of you remember those classic lines like, "Stop crying before I give you something to cry about." Well, it's time to set the record straight – vulnerability is not weakness. In fact, vulnerability is quite the opposite. It's a gateway to a more authentic version of yourself, a part of you that may have been suppressed since childhood. Have you ever started to express vulnerability, only to shut it down because your adult self told you it wasn't safe? But deep down, your inner child wanted you to keep going and express how they felt. The good news is that it's perfectly okay to listen to that inner child. Let them tell you what they need, but also remember to let your emotional maturity guide you when communicating with others. Vulnerability is not just a sign of strength; it's a path to freedom and an opportunity to stand firmly in your truth. The sooner you recognize and accept this, the better off you'll be on your journey of personal growth. Now, you might be wondering, "How can I cultivate a healthier relationship with vulnerability?" Well, it all starts with you. You need to understand and embrace the fact that vulnerability is not a weakness. In fact, it's a crucial aspect of healing as a person. While it's true that not everything and everyone requires vulnerability, especially right away, it's important to allow yourself to feel and to start building trust within yourself to handle those emotions before sharing them with others.

Here's a small exercise to get you started on this journey:

Take a moment to think about three things that you've never said out loud or shared with anyone else because they make you feel vulnerable. Write them down. Then, when you're ready, say them out loud, even if it's just to yourself. Pay attention to how it feels to express those thoughts or feelings openly for the first time. It might be challenging, and you may need to dig deep, but this exercise can be a powerful step toward embracing vulnerability and your true self.

Remember, you're not alone on this journey, and it's okay to take it one step at a time. Vulnerability can lead to remarkable personal growth and connection with others when approached with understanding and compassion.

Establishing Healthier Reactions & Behaviors when you feel triggered.

Let's dive into those moments when you find yourself reacting with irrational outbursts, violent tendencies, or simply dismissing behavior when triggered. We all know those moments when it feels like we've lost control, right? Well, it's about time we work on eliminating them because true healing can't happen if we're lashing out and hurting others who had nothing to do with our pain. Plus, let's face it, sinking to someone else's level or engaging in a "tit for tat" battle rarely makes any situation better. It's that whole "when they go low, I'm going even lower" attitude, and honestly, it rarely serves anyone well. Instead, when those triggers start to flare up, consider trying some healthier habits to keep your reactions in check. You see, sometimes, you might inadvertently become the toxic element in a situation or actively participate in toxic behavior if you allow your trauma triggers to dictate your emotions and responses. So, instead of getting into a vicious cycle, how about trying effective communication and setting boundaries?

For example, picture this: You're talking to a friend, and they keep dismissing your feelings whenever you try to express yourself. Instead of dishing out what they've been serving you, have an honest conversation with them. Let them know that you don't appreciate being dismissed and that it makes you feel unheard. Then, kindly request that they be more considerate of your feelings moving forward so your friendship doesn't end up in a space where you can't communicate anymore.

PT.2 Of Establishing Healthier Reactions & Behaviors when you feel triggered.

Now, remember, you can't control how others feel or respond, but you have full control over your own actions. If someone has an issue with you setting boundaries and expressing how you've experienced them, perhaps they aren't the right fit for your journey. If you persist in such a relationship, it'll either naturally fade or you'll be waiting indefinitely for them to do their own "work" when they're ready.

To kickstart the process of developing healthier habits when you're triggered, consider practicing the art of creating space. When you sense yourself on the verge of reacting in a harmful, negative, or immature way, take a step back. Give yourself the time to reflect on the situation, the person involved, and most importantly, your own emotions. Think about why you're feeling the way you are and recognize your role in the situation. Once you've taken that time to process, return to the situation with a clear mind. This is when you're ready to effectively communicate and, if necessary, set those crucial boundaries. Keep in mind that mastering this skill takes time, so be patient with yourself as you practice establishing healthier habits and the 3 A's.

List some of your unhealthy habits you can let go of when you are triggered:

Self-Awareness

You know, being self-aware is like having a flashlight to navigate through your own mess. It's like putting on your glasses when everything seems blurry to see yourself clearly when others might not fully understand you. Self-awareness is the gateway to self-respect, self-love, and the kind of confidence that comes from deep within. In fact, it's the compass that guides you on your healing journey, determining how far you'll go.

So, how do you begin cultivating more self-awareness? Well, it starts with a heart check. You need to make sure your heart and intentions are in a healthy place. And hey, sometimes they're not, and that's perfectly okay. None of us are striving for perfection here; we're simply trying our best. So, especially when you're triggered, take a moment to check in with yourself. By turning your focus inward for a little while, you can work on becoming the healthiest version of yourself. That's when you'll start to find that sense of peace again.

Remember, it's all about you and your journey towards becoming the most healthiest authentic version of yourself.

CONCLUSION

This is the beginning of reclaiming your peace.

**"LET ALL YOU DO BE DONE IN LOVE"
1CORINTHIANS 16:14**



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Well, here we are at the end of our journey through navigating our trauma triggers. I truly hope you've found this workbook helpful along the way. Keep in mind that this is just a small piece of the inner work that we all have to do, but I believe it can be a significant stepping stone for you.

I want to take a moment to say how proud I am of you for taking this step towards wanting better for yourself. Remember, when you help yourself, you're also helping those around you. Becoming the healthiest version of yourself not only benefits you but has a positive ripple effect on everyone in your life.

As you wrap up this workbook, I kindly ask that you share your feedback on how it has helped you. Your input means the world to me, and you are one of the reasons I created this resource. I may see you in another workbook – yes, there's more to explore!

May God continue to bless you, and if no one has told you this today, let me remind you: I love you!