



Trigger Work



TRIGGERS = PAST NEGATIVE EMOTIONS AND THOUGHTS CONNECTED TO/TRANSFERRED FROM AN EMOTIONAL EVENT REPLAYED



Sound - music, voice, child crying, opening of a can of pop, backfire of car



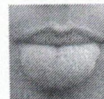
Sight - food or alcohol commercial/billboard, items articles visually attached to emotional memories



Smell - food, alcohol, sweat, exhaust, perfume/cologne



Touch - from behind, without warning, invading personal space



Taste - food, alcohol, other past tastes/flavors/textures

1. **Identify them** – *mark “landmines”*

2. **Eliminate them....** *best strategy.*

3. **Avoid them....** *if you can.*

4. **Minimize them....** *if you can't.*

5. **Get through ‘em faster!**