JENNTLE VIBES

Trigger Redirect Worksheet

The Power of the Pause • Breathe. Notice. Redirect. Respond.

When we feel triggered, our nervous system shifts into fight, flight, or freeze. This worksheet guides you through a breathwork-centered pause — a moment to notice what's happening inside before choosing how to respond. ***There is no wrong answer here. Only awareness.***

Name

Date

Today

1 Notice — What just happened?

Before you analyze or react, simply name it. What triggered you? A word, a tone, a memory, a situation? Describe the moment as if watching it on a screen.

"The trigger was..."

"I noticed it when..."

2 Pause — Where do you feel it?

Place one hand on your heart, one on your belly. Take three slow breaths: inhale for 4 counts, hold for 4, exhale for 6. Now scan your body. Where is the tension, the heat, the tightness? Name the sensation without judging it. **An easy one to remember — PBS: Pause, Breathe, Soften.**

"In my body, I feel..."

"The sensation is like..." (heavy, buzzing, sharp, hollow, etc.)

3 Redirect — Breathe into it.

This is the shift. Use your breath to move the energy. Try box breathing (4-4-4-4) or extended exhale (4 in, 7 out). With each exhale, imagine releasing the charge. Then ask: What old story is this trigger protecting? What does the younger you need to hear?

"The story underneath is..."

"What I needed to hear back then was..."

4 Respond — Choose with intention.

You've paused. You've breathed. You've met the wound underneath. Now, from this calmer place — what do you actually want to do? Not react. Respond. What boundary, word, or action serves your highest self?

"From this place, I choose to..."

"The boundary I need is..."

5 Integrate — What did you learn?

Triggers are teachers. What did this one show you? Is there a pattern? Write one thing you want to remember next time this comes up.

"This trigger taught me..."

"Next time, I'll remember..."

"Between stimulus and response there is a space. In that space is our power to choose."

OFTEN ATTRIBUTED TO VIKTOR FRANKL

Tune In. Come Home.

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This worksheet is for general wellness and education. It is not medical or mental health treatment and is not a substitute for care from a qualified professional.