

## Trigger to Prompt Technique

Thinking in terms of *Prompt* rather than *Trigger* reduces the emotional load associated with a situation and returns control to the individual. Below is a quick technique for self-direction.

1. **Pause.** When you notice a strong reaction, take a slow breath.
2. **Name it.** Say to yourself, “This is a cue, not a trigger.”
3. **Observe.** Where do you feel it in your body? What might it be telling you?
4. **Choose.** Decide what response supports you best — calm, kindness, or stepping away.

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