GOODBYE TENSION®

I'm Triggered!

A POCKET GUIDE TO CALM, RESET, AND RETURN TO YOURSELF



Simple, in-the-moment steps to shift out of a triggered state and come back to what's real right now.

STEP 1

Stop

Don't Make Any Decisions.

Catch your breath and create a pause.

Two quick inhales (through your nose), followed by a **longer exhale** (through your mouth).

Repeat 2–3 times until you feel a little more settled.



STEP 2

Locate

Come back to the present moment.

Look around.
Notice three things around you that have life. Perhaps a flower, a plant, or a tree.

Take a moment to really see them.
Notice their colors, shapes, and details.

Allow your attention to return to what is here, right now.



STEP 3

Remember Your Well-Wishers

Reconnect with the people, places, or parts of you that remind you that you are not alone.

Bring to mind someone who truly sees you, cares about you, or believes in you.

You can also connect with a place, a memory, or a part of yourself that feels strong, compassionate, or wise.

Let that support remind you: You are safe, you are capable, and you can choose what's next.



What's Next?

Once you're calmer, you can begin to notice the pattern.

The H.O.M.E.™ Framework

helps you recognize where you might be hiding, the rules you may be following, how to meet yourself with honesty, and express what you need.

- **H** — **Hide Less** – Notice where you pull back or shrink.
- **O** — **Obey the Rules You Set** – Get clear on the old rules that may still be running you.
- **M** — **Meet Yourself** – Acknowledge what you're feeling with honesty and compassion.
- **E** — **Express Yourself** – Choose a next step that honors your needs and your truth.

Ready to Go Deeper?

If the same triggers keep showing up, it may be a sign of a deeper pattern that's ready for a new outcome.

Explore Conscious Coaching ›

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