

Use these questions to help you explore what concerns are triggering your nervous system. Then review the approaches on the next page to address the triggers to identify which approach is best for which concern. On a deep level our gut triggers are about physical survival, emotional survival, or our reputation surviving.

Is there a world event that causing me stress?

Am I afraid I will not be able to do something correctly or achieve it at all (failure)?

Am I concerned my life will change if I succeed at something I am doing?

Am I worried about my physical health?

Am I worried about the physical health of someone I love?

Am I afraid I might not be physically safe in a situation?

Am I afraid I might not be emotionally safe in a situation?

Am I afraid I am making myself too vulnerable in a certain situation?

Am I worried about my mental health?

Am I worried about the mental health of someone I love?

Am I afraid of appearing weak if I become emotional?

Am I afraid of being reactionary around other people if I become emotional?

Am I concerned an aspect of my personality will cause strain or conflict in a particular situation?

Am I worried I will spiral down into negativity if I become emotional?

Am I concerned or regretful about an action I took?

Am I worried because someone is questioning my integrity or reputation?

Am I worried I will not be able to realize my dreams for myself?

Am I afraid a skill or ability of mine is declining?

Am I afraid of being abandoned, rejected, or neglected?

Am I afraid of being verbally attacked?

Am I concerned I will feel trapped in a relationship or situation?

Am I concerned I will not be able to meet the needs of someone I love?

Am I afraid if I lose my job, contract, or business my mental health will be compromised?

Am I afraid if I lose my job, contract, or business my emotional comfort will be compromised?

Am I afraid I might lose my current living situation?

Am I afraid I might not have enough money to buy food?

Am I worried plans I have made will not work out?

Based on the concerns indicated, what approach is appropriate? Here are a few examples: self-compassion, soothe sympathetic nervous system, self-compassion, asking for help, humility, trust, set boundary, say something, explore deeper meaning, lower expectations, raise expectations, self-care.

Concern	Approach	Details
I will spiral down into negativity if I am emotional.	Notice gut sensations affirmations.	I will notice my physical sensations when I am triggered and state the affirmation "I am safe to experience my emotions no matter their intensity."

