

Separating “Triggers” from Threat Response

- A trigger is an event (internal or external stimulus) that is coupled with an immediate *over*-activation of the nervous system’s threat/stress response.
- Often triggers relate to past overwhelming events or traumas (big or small)
- When there is a trigger, the body often does not distinguish between *actual* life threat and *perceived* threat in the moment.
- Through somatic work you can *diffuse* the trigger such that your body no longer has such a disproportionate response to the stimulus.
- Once diffused and your nervous system recognizes relative safety, you can respond to the situation more clearly and appropriately.
- The process includes teaching the nervous system:
 - Differentiate between real vs perceived threats
 - Fluidly deescalate disproportionate threat responses
 - Somaticly integrate and complete past traumas (this is deeper work)