

# Choose to Diffuse

## 5 STEPS TO DIFFUSE A TRIGGER

By Rose Colarossi  
TransformingHER.com

1

### IDENTIFY THE TRIGGER

Identify that you are being triggered. This is the most crucial step. ie., Someone cuts in line at the store or cuts you off on the highway.

What are you feeling? Anger? Resentment? Annoyance? Hurt? Sadness? Betrayal?

2

### PHYSICAL RESPONSE

Where in your body do you feel the emotion?  
At what intensity? 0-10 with 10 being really strong.

3

### DEEP BREATHS

Take 3 deep breaths. Inhale deeply through your nose, exhale fully through your mouth.

When you breathe deeply, it sends a message to your brain to calm down and relax. The brain then sends this message to your body **allowing you to respond (or not) vs. react.**

4

### CHOOSE TO CONTROL THE "STORY" MAKE IT ABOUT THEM – NOT YOU!

The old story of, "Why can't they wait like everyone else?" or "I am being taken advantage of" or "It's not fair."

Choose to "believe" that person has a good reason for what they are doing. ie., They are rushing to see a loved one at the hospital. They have a very sick child. They just lost their job and so on. Whether it is true or not.

5

### CHOOSE TO DIFFUSE

In your mind - **CHOOSE** to empathize and wish them well.

Now, check where in your body you feel the initial negative emotion. What intensity is it at?  
It should be lower. You have diffused your trigger!

**Congratulations. You are choosing to control your world in a positive manner which is healthier and leads to greater happiness. It is also a great example to others.**

- Rose Colarossi