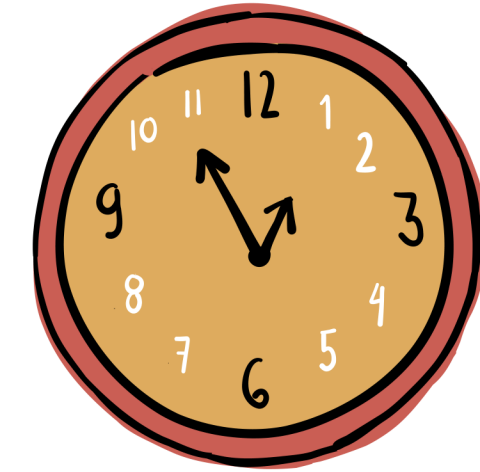
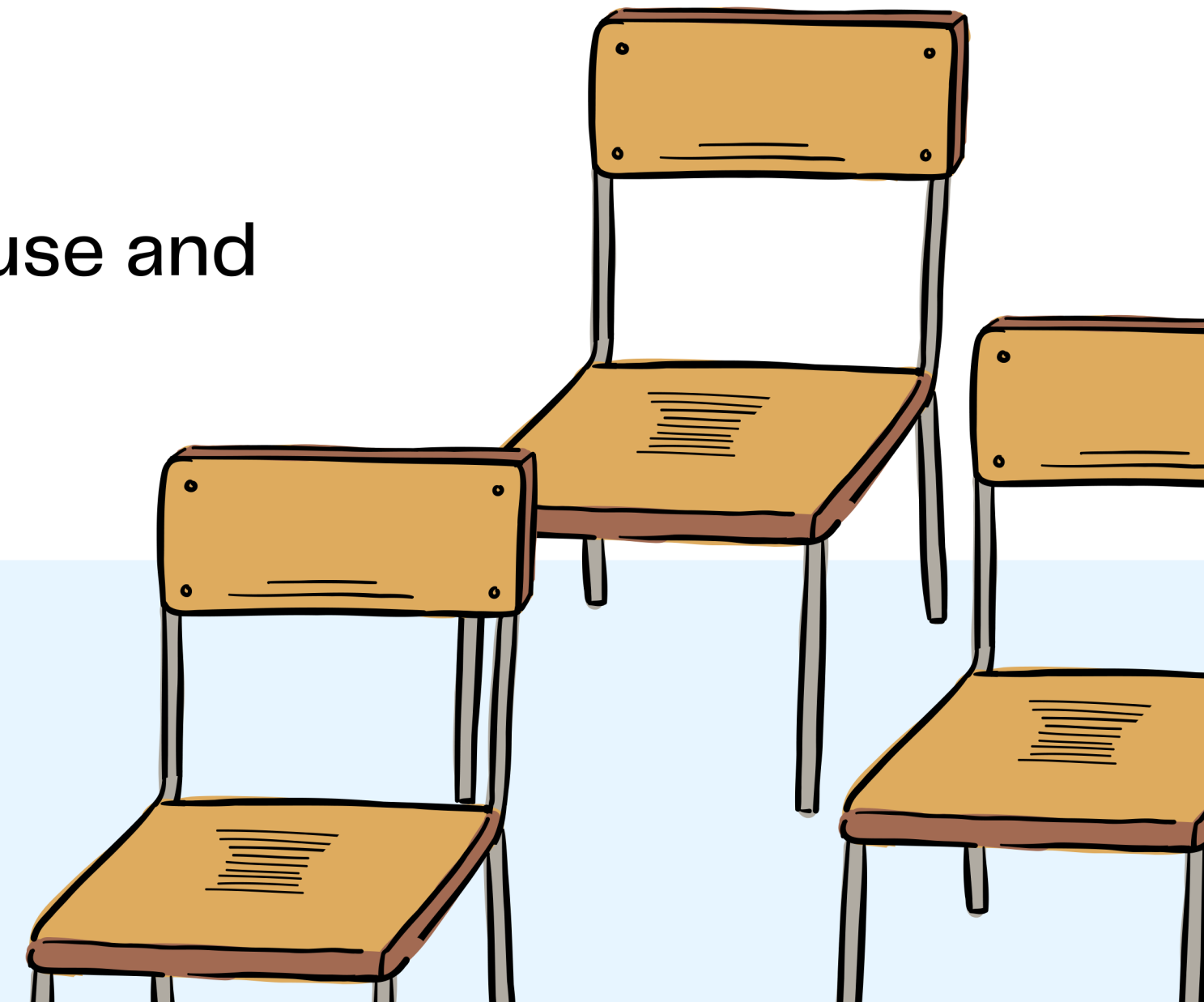


# Look back at your homework



You will need to use your list of identifiable behaviors you DO and DO NOT value moving forward.

If you haven't yet completed the homework, pause and take a moment to do so before continuing.



# Emotional Regulation

Now that you have identified the behaviors you don't value, it's important to learn the necessary coping tools needed in order to effectively communicate a boundary

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Emotional regulation requires you to manage how you feel, think and react to a situation.

*This is where self-soothing and coping techniques come in handy!*



# What is emotional regulation?

## **Emotional Regulation (defined):**

a term generally used to describe a person's ability to manage and respond to their emotional experience.

It is fairly complex because each person has a conscious and unconscious combination of ways, they have developed in order to cope with their emotions.

*Trauma survivors have the added layer of a fight, flight, freeze or fawn response that they cannot "think" their way out of to cope.*

# What is **emotional regulation**?

**Strong emotional regulation skills can enhance and enrich your relationships and your personal well-being.**

**Poor emotional regulation skills lead to more stress, chaos and unsustainable relationships.**

*Without proper awareness and coping tools, we cope in whatever ways feel easiest to rid ourselves of discomfort and pain. That can look like avoiding, giving the silent treatment, ghosting, deflecting, substance abuse, manipulation and the list goes on.*



# What exactly encompasses emotional regulation?

- Self-awareness
- Understanding of your triggers
- Coping tools to manage your emotions
- Coping tools to identify your needs and communicate them
- Self-soothing techniques



# The **skills** that need to be honed to do that are:

- Staying calm
- Grounding yourself
- Managing your stress(ors) (ie: triggers)
- Managing your anger
- Actively listen to others
- Express your needs constructively
- Don't internalize things (do not take them personally)
- Accountability



# Identifying your **trauma** **triggers**

## Healthy Emotional Responses vs Trauma Responses

### Healthy Emotional Response

- when your emotion is not stemming from a past event, relationship or situation currently not present.
- when you're able to self-soothe and find clarity on the other side of your anger, anxiety, sadness or fear.
- when your communication addressing the conflict or issue is clear and productive.
- when you're able to cope with your heightened emotion and identify what you need (ie: boundary)

# Identifying your **trauma** **triggers**

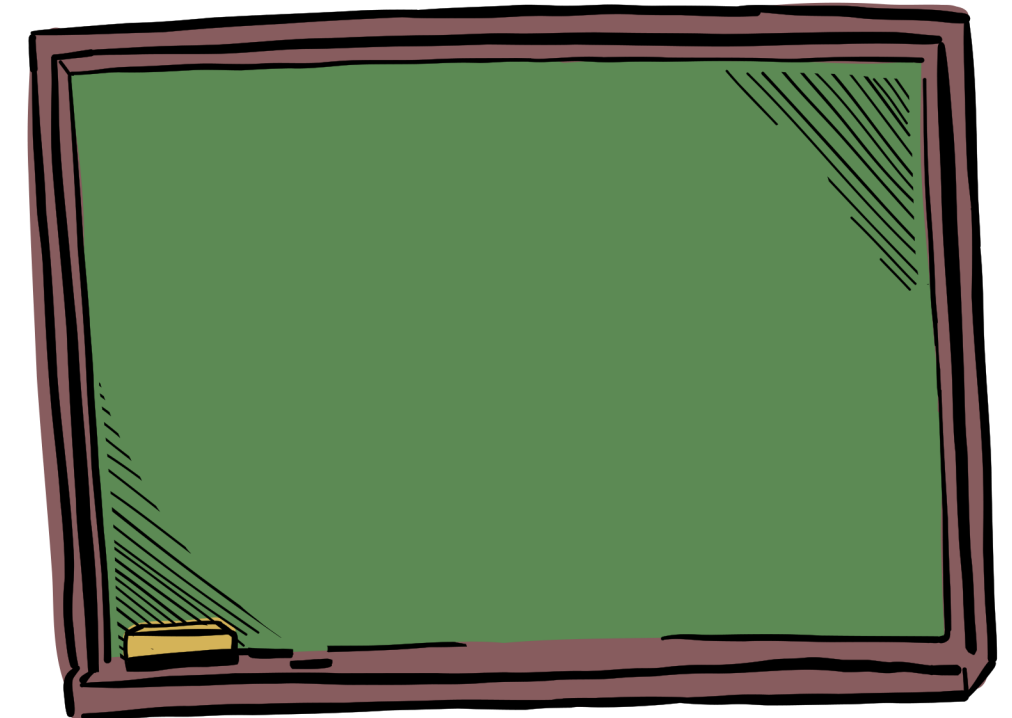
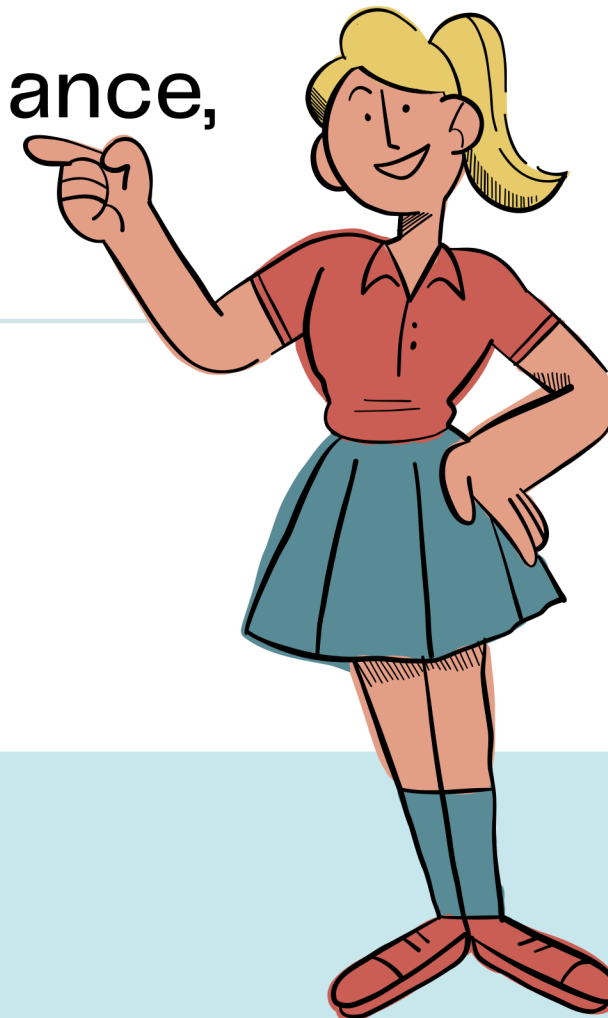
## Healthy Emotional Responses vs Trauma Responses

### Trauma Response

- when your emotion is stemming from a past event, relationship or situation currently not present. It feels confusingly similar even when you can identify the people/situation are different.
- when you're not able to self-soothe and lose sense of time, space and self.
- when your communication about the situation/conflict is unclear and unrelated.
- when you're trapped in your heightened emotional reaction and struggle to get clear on what to do. (ie: fight, flight, freeze or fawn state takes over)

# Symptoms of Trauma Triggers

- ✓ **01** Sudden, unexplained bouts of crying
- ✓ **02** Panic attacks
- ✓ **03** Intrusive thoughts
- ✓ **04** Being easily startled, hypervigilance, paranoia, anxiety
- ✓ **05** Sudden nausea or fatigue



# Symptoms of Trauma Triggers

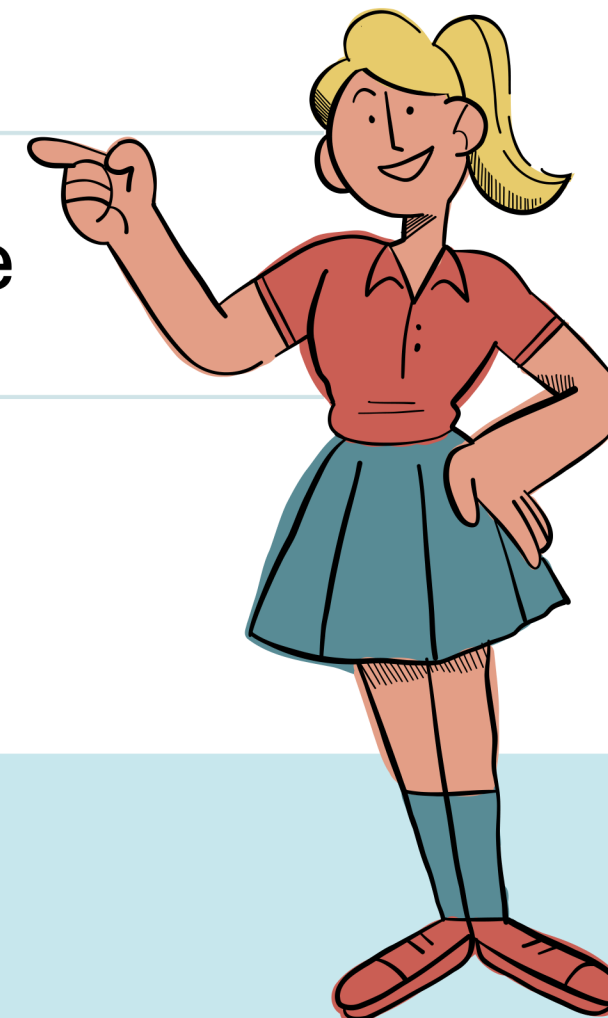
✓ **06** Disassociation, passive, feeling helpless, not feeling anything (numb)

✓ **07** Poor concentration, racing heart, fatigue

✓ **08** Clingy, separation anxiety

✓ **09** Irritable and difficult to soothe

✓ **10** Developmental regression





# Triggers can...



**Cause a survivor to feel or behave in the same way they did during the traumatic incident.**

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The brain does not differentiate between what was happening then and what is happening now.

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**A trauma trigger activates a memory or flashback sending the survivor back to the initial event.**

This is where they experience overwhelming emotions, physical symptoms and thoughts while experiencing the intensity that occurred during the initial event.

# Examples of trauma triggers

Triggers are very personal and are activated through one or more of the five senses.



- **Sight:** any place or situation where the trauma/abuse took place such as a house, school, church, park, etc.
- **Sound:** anything that can sound like anger (to you) such as yelling, raising a voice, breaking things, banging, thumping, loud footsteps, etc.
- **Touch:** standing too close, a similar touch on your body to what was experienced at that traumatizing time, the way you're approached, etc.
- **Smell:** food, cooking, smoke, after shave, perfume, air freshener, candle, etc.
- **Taste:** food, smoke, tobacco, mouthwash, mint, etc.

# Download these supportive worksheets

- "Examples of Triggers Worksheet"
- "Identifying Your Triggers Fillable Worksheet"

