

SELF LOVE

MASTER CLASS

CANDACE VAN DELL
Spiritual Coach | Author | Speaker



“Triggers” Worksheet 4

Try to remember something recently that really “Triggered” you. This is something that caused you to feel UPSET.

Take that situation and allow yourself to feel whatever comes forward. The key is to accept whatever arises. Don’t make it wrong and don’t need for it to be any different than it is. It doesn’t MEAN anything, it is just an emotion. Start to write down how you feel and let it flow.

After you have allowed this to flow for a little bit, I would like you to offer up ALTERNATIVES. This means that we are going to switch up the version of the story. THIS IS WHAT HAPPENED BUT... what if it was actually because of this and didn’t really mean that. I want you to look for ALTERNATIVE meaning, reasons and outcomes.

When we do this, we detach from the story and instead we can sooth our own emotion by seeing that there COULD BE OTHER OPTIONS rather than the one we so quickly assigned to it.

Play with your other options for a few minutes until you start to feel better. This is a technique we can use to sooth ourselves back into the self love and elevate fear based thinking.