

1-2-3 PROCESS

For when you notice you having a big reaction to someone or become numb/shut down:

1. Tell the other person you are "triggered".
 - a. One person say where his/her child whet back to in childhood. The other one helps explore this and listens and responds with compassion for the child and holds the parents accountable. Stay at it until this is a "heart connection" around what happened in the past.
 - b. The other person does the same process about where his/her child went.
2. Each one then says how the other is different from the person the child was triggered to (Mom, Dad, etc.) **Be Specific!**

3. Working out the Present "Bump" ;

Look at the other person right now and figure out what you specifically need from him/her to get over the bump. Then ask for what you need. (Also, ask what you can own.)

The other person responds to the request. Then reverse This. What does the other person need? Keep doing this until you feel closer to each other.

If at any time in the process either person gets triggered again, go back to #1.