

## TRIGGER TRAPS

1. Fight/Flight and Conflict.

2. Just how it is...

This is just the way I am...I will always be "X"

### Beginning to Confront Triggers

**How do I Break the Power of a Trigger?** (David Batty, Sallie Culbreth)

First, identify the triggers

Second, try to understand what happens before...

Third, take your finger off the trigger

Fourth, attack the lies associated with the trigger

Fifth, choose a new response to the trigger and the memory of the past.

**One common Example - A Critical Attitude**

### TAKE WITH YOU

Do a trigger inventory

Next Sunday: Triggered - Digging deeper into Identity.

Sources: livingfree.org, Goodtherapy.org, Seeing is Believing, G. Boyd; You Are What You Love, James KA Smith; Emotionally Healthy Spirituality, Peter Scazzero; Others.

PILGRIM CHURCH

September 01, 2019

# Triggered

ROMANS 12:2, ROMANS 7:15-20, GALATIANS 5:22-23, 2 CORINTHIANS 4:4-5

If you don't make up your mind, your unmade mind will unmake you.

-E. Stanley Jones

There comes a crisis, a moment when every human soul which enters the kingdom of God has to make its choice of that kingdom in preference to everything else that it holds and owns.

-Catherine Booth

What are Triggers?

### FORMAL

Psychological Use:

### INFORMAL

Sin+Triggers:

Common Use: