



WSC- Framework- Break your trigger chain

30 second summary:

- ✔ **Summary:** A framework to overcome the most common triggers under 5 minutes
- ✔ **Main Outcome:** A simple and turnkey process to create a more positive outcome for your main triggers
- ✔ **Top Benefit(s):** Easy to apply; You bond with your Reptilian Brain; Less stress quickly; More positive outcomes
- ✔ **Next Steps:** Apply this framework every time you feel triggered
- ✔ **Duration:** 5 minutes.
- ✔ **Target Audience:** Anybody willing to reduce stress and anxiety and enjoy their days more

Why it works

✔ **Before:**

When our clients understand the power of building safety to keep Reptilian Brains out of trigger, their first question is “What do I do next, that does not take long to deliver results, like a quick win?”

✔ **After:**

The Trigger Chain framework is meant to focus your actions practically and efficiently and reduce your triggers and the resulting deep emotions. It is supported by the metaphor of a chain: on one extremity of the chain, the root cause of your trigger; on the other, the consequences on you of the trigger; and if you break any link of the chain, you no longer trigger, no matter what the root cause. To keep it simple, the framework addresses the main 3 links of this chain.

As a result, you learn clear tactics to break these 3 links and manage the triggers; you feel relieved, like you let go of your negative emotions and you can focus more lightly in the present.



TO DO

✔ **Set a 5-minute timer:**

✔ **Close my eyes:**

✔ **Expectations:**

Think of my main negative emotion in the last 24 hours;

Assess what expectations were involved and

Imagine what could have happened if I had reframed the expectations to

- 1) make it visible,
- 2) achievable in the time I had;
- 3) in my exclusive control ;
- 4) align with others' expectations

✔ **Beliefs:**

Think of my main negative emotion in the last 24 hours;

Think of what limiting beliefs could be at play, especially those that connect the delivery of a task to something much bigger like who I am as a person.

Now assess what would have changed if I had learnt 2 days ago that I won the 50 M\$ lottery.

✔ **Reptilian Brain:**

Think of my main negative emotion in the last 24 hours;

Assess how my guts felt during the experience.

Now think of what I would have liked to happen instead and

Compare how the feelings in my guts change

✔ **Optional:**

Reflect on how I felt through the experience, my findings, and my questions.

Record my next steps in my task backlog.

Read the 3 Brain framework again to make it sink at Emotional and Reptilian levels.

NOT DO

✔ **Stop after this read as results will mainly come from deliberate practice (and trial and error)**

✔ **Believe I “get it” because it “makes sense”: My Emotional and Reptilian Brains rarely make sense and that is better this way!**

✔ **Focus on just one of the 3 as each of the 3 might work better than the other 2 depending on the situation.**



Your next 2 weeks steps

✔ **Start NOW or schedule your first try:**

Apply TO DO right away (<30 minutes)

Once done, decide your commitment for the next 2 weeks

How are you feeling right after? Compared to before? What was the value for you?

What to adjust for you to commit for 2 weeks?

Visualize the next time you apply it and how you would like to feel

Celebrate that you have tried something new

✔ **Build your habit (-> more practice -> more results)**

Model: After [OTHER CURRENT HABIT] and at/when [TIME], I will [NEW HABIT] in [LOCATION].

Example: The first time I sit at my desk in the morning, I close my eyes and visualize myself practicing my habit and getting closer to completing my 10X commitment; I feel great about it: I have more perspective, secured some wins when I could stop my triggers, be less stress and more excited and focused again.

Print your sticky habit

✔ **Total time:**

3m/day X 10 = 30 minutes in 2 weeks

✔ **How you measure success:**

You have applied at least 10X times in the next 2 weeks

✔ **What value you can expect:**

You have managed some triggers, your expectations are more achievable and therefore achieved; you get more wins and less stress

✔ **How to get started:**

Print and fill your Habit template then apply right away