

# 8-STEPS TO STOP TRIGGER BULLETS FREE YOURSELF FROM REACTIVITY!

Tired of reacting to imaginary  
bullets coming at you?

Follow these 8 steps to stop  
trigger bullets: transform them  
to *Free* yourself and live fully!



1. Deep Breath
2. Body Awareness
  - Scan your body, tension, feelings
3. Trigger: What's my story?
  - Write out judgments coming up
4. Observation: What happened?
  - Describe it as if through a camera
5. Identify Needs/values (next page)
  - What needs/values are up for you?
6. Mourn Needs not met
  - Let yourself feel all emotions
7. Celebrate the beauty of your Needs
  - Imagine needs fully met
8. Repeat until you notice a Shift
  - You relax, sigh, feel releases of tension

# Transcendent Needs

## Transcendence

Flow, Beauty, Harmony, Unconditional Love, Communion, Intimacy  
 Hope, Oneness, Spiritual Connection, Union

Love

To Matter, Purpose

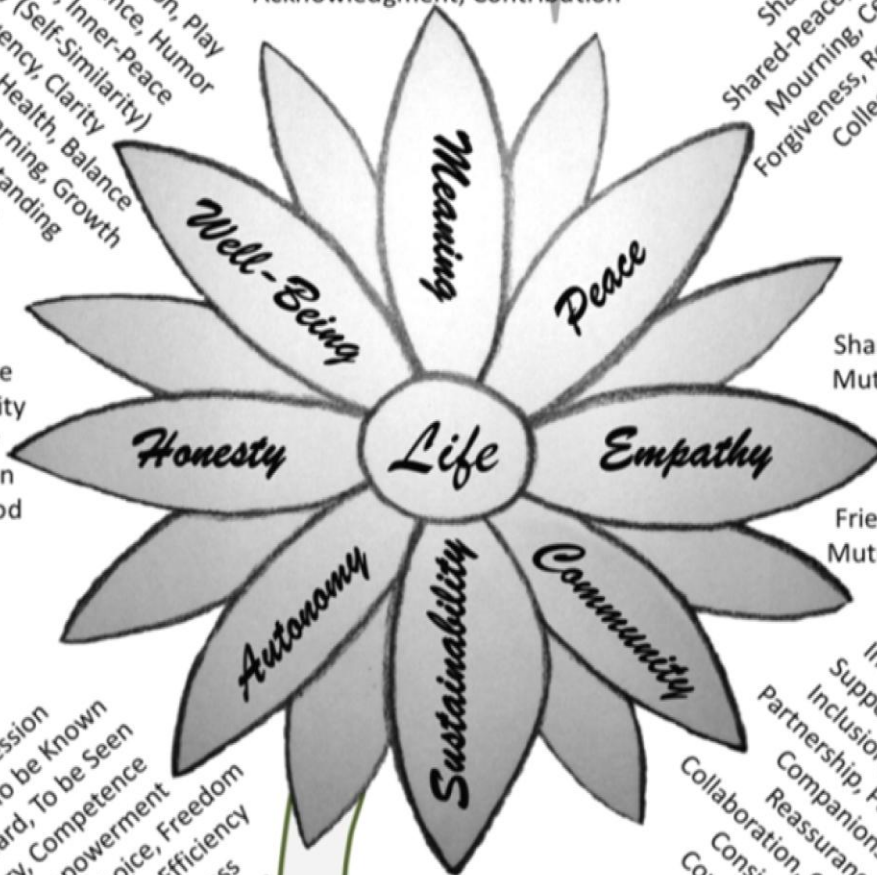
Acknowledgment, Contribution

Shared-Trust  
 Shared-Peace, Shared-Play  
 Mourning, Celebration  
 Forgiveness, Restorative Justice  
 Collective Learning

Rest, Regeneration, Play  
 Self-Love, Presence, Humor  
 Inner-Trust, Inner-Peace  
 Integrity (Self-Similarity)  
 Congruency, Clarity  
 Consciousness, Health, Balance  
 Leisure, Healing, Learning, Growth  
 Openness, Understanding  
 Faith, Inspiration  
 Adventure

Personal

Self-Acceptance  
 Self-Responsibility  
 Self-Empathy  
 Self-Connection  
 To be Understood  
 Authenticity  
 Truth



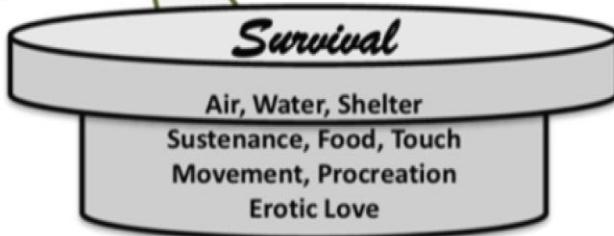
Interpersonal

Acceptance  
 Shared-Responsibility  
 Mutuality, Reciprocity  
 Equity  
 Connection  
 Compassion  
 Friendship, Closeness  
 Mutual-Understanding  
 Grace

Interdependence  
 Support, Belonging  
 Inclusion, Affection  
 Partnership, Participation  
 Companionship  
 Reassurance  
 Collaboration, Cooperation  
 Consideration  
 Communication

Self-Expression  
 Creativity, To be Known  
 To be Heard, To be Seen  
 Mastery, Competence  
 Order, Empowerment  
 Space, Comfort, Choice, Freedom  
 Ease, Effectiveness, Efficiency  
 Stimulation, Aliveness  
 Spontaneity, Information

Security, Protection, Respect  
 Safety, Stability, Nurturance  
 Privacy, Justice, Caring



Air, Water, Shelter

Sustenance, Food, Touch

Movement, Procreation

Erotic Love

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Physical