

Phase 3: Triggers & Projections – The Mirror

“Everything that irritates us about others can lead us to an understanding of ourselves.”

— C.G. Jung

The people who trigger you the most are often your greatest teachers. They are mirrors, reflecting back the parts of yourself you have disowned.

Projection is a defense mechanism where we unconsciously attribute our own unacceptable qualities, emotions, or desires to others. When you hate someone’s arrogance, ask yourself: where am I arrogant? When you resent someone’s neediness, ask: where am I needy?

Turn external irritations into internal insights using somatic trigger tracking and the 3-2-1 process. Reclaim the energy you’ve unconsciously projected onto the world around you.

In this phase, you will:

- Identify your biggest triggers and what they reveal
- Use the 3-2-1 process to integrate projections

- Reclaim lost energy from external blame