

EMOTIONAL TRIGGERS

FAILURE



REJECTION



CRITICISM



These three emotional triggers have one thing in common, it's insecurity. Insecurity alone is the situation that activates these emotional spikes.

Fearing Failure, the frightening act of being rejected, and the constant need of approval from your peers. It all stems down from the spike of Insecurity, the feeling of undone, of being inadequate.

The typical response for these emotional triggers are the need to cope with the shock of such, by whittling down oneself and chasing the need to feel like it's alright. People miss the whole point of controlling ones insecurity, by establishing three things from the get-go, Reflect, Act, and Persevere. Do a quick reflection on what you are insecure about, If it can be naturally changed then act upon it, and persevere through said act, follow through with your goal.

As I mentioned, the best way to attack such insecurities is by establishing yourself with three things, Reflect, Act, and Persevere.