

Positive Triggers

Using trigger phrases and words to change your perspective of your reality.

There are times that our unconscious minds needs a reminder that things will be okay and that the current situation is only temporary. This is important because it is easy for our mind to catastrophize a situation and think that it is the end of the world or that it will have some drastic implication to our future. However, many times that is far from the truth. Therefore, having a trigger word or phrase to “snap yourself out of it” can help you release pressure, stay grounded and prevent yourself from making a bigger deal out of the situation than you need to.

Example positive trigger phrases:

- This too shall pass
- In the blink of an eye everything will change
- This experience will have an unexpected blessing in my life
- This is a great character building experience

Have you ever taken a vacation and then in what seemed like the blink of an eye the vacation was over? If yes, then know that it is equally true that negative situations will be over in the blink of an eye. Remember, life changes can happen in an instant. For example, you could be in a bad place, financially, emotionally, or physically, and in a short time, you can find yourself thriving.

What have you experienced in your life that gives you evidence that reinforces that things can shift quickly? Or that time goes by faster than you would expect?

What experiences felt overwhelming and painful but in the end they turned out to have a silver lining or be a blessing? (Maybe it was a death in the family, loss of a job, illness, a breakup of a relationship, etc.)

Have you had a situation in your life that you did not know how you would pull through but you did?

What statements can I repeat in challenging situation that will remind me that everything will be okay and that this problem is temporary?

Whether you're experiencing anxiety, fear, anger, or sadness, it's important to remember that one situation does not have to define you or the rest of your life.