The Trigger Word Catcher

Think about what happens when you say to someone, "I'm so stressed or overwhelmed." Once you start using these words it triggers the spoken emotions. Even if you weren't stressed, now you are because you are telling your subconscious that you are. Each of us has different words that are strong triggers that lock in negative emotions in our life. What are yours? Right now is a perfect time to stop reading and write down what trigger words you sometimes say that put you in a negative state and then work to find new trigger words!

WHAT ARE A FEW OF YOUR NEGATIVE TRIGGER WORDS?	WHAT EMOTIONS DOES THIS TRIGGER WORD ENVOKE?

WHAT CAN YOUR NEW TRIGGER WORDS BE?	WHAT EMOTIONS DO THESE TRIGGER WORD ENVOKE?