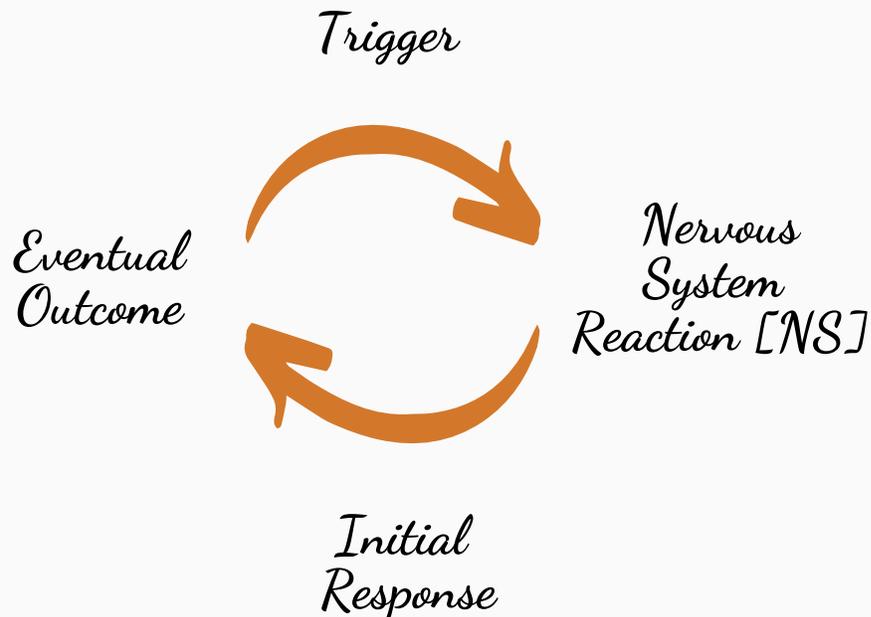


The Cycle

Life is a series of experiences. Some of these experiences are cause and effect, and how we choose to show up in them dictates a large part of the 'story' that we ultimately live. When we encounter a trigger (a factual incident that sets off a cascade of events), we go through the cycle below:



Trigger [Factual/objective incident that happened]

Nervous System Reaction [Fight, Flight, or Freeze]

Initial Response [What we did, thought, or felt in relation to our NS reaction]

Eventual Outcome [What we did, thought, or felt after time passed]

Visual of The Cycle

Going through a trigger cycle can happen in different ways. Depending on multiple factors, there are two general paths that can be depicted:



... *In Toxic Shame
& Fear* ...

Stagnant. Under the influence of toxic shame and fear, the same trigger invokes the same NS reaction, which leads to the same initial response, and the eventual outcome that we choose does not change how we react to the trigger the next times we come across it.



... *In Growth*

Transcend & include. The initial trigger invokes a NS reaction that leads to an initial response. When we make choices to create a different eventual outcome, we 'level up' and start interacting differently with the initial trigger.

Both can be a part of our journey (and realistically are). Understanding our own cycle path, and how much time we spend in each depiction, will help us become the creator of our life and experiences.

Your Cycle

Over the next week, take notice of your cycle. After you spend time gaining awareness, reflect on 1. where/how you noticed yourself be more stagnant and 2. where/how you noticed yourself learning & growing.

Feel free to print this PDF or create your own tracking chart. I have given some personal examples on the next page for reference.

1. Triggers

2. Nervous System Reaction

3. Initial Response

4. Eventual Outcome

Example

1. Triggers

I read an article about white fragility

2. Nervous System Reaction

Freeze

3. Initial Response

I closed the tab

I felt a pit in my stomach, my heart rate increase,
and an overall heaviness

My emotions were anger and fear

My thoughts were, "I don't know how to be right
now"

4. Eventual Outcome

I meditated and said to *myself*, "I am curious
about my trigger. May you show me more?". Shame
came up, so I talked to a trusted friend. I worked to own
and understand my shame, which included journaling
and coaching sessions. I realized that it is OK to not do
everything "right". I had a deep limiting belief of, "I
made a mistake so I deserve to be punished" which I
have worked to replace with, "I learn from my mistakes"

I noticed that I was in stagnancy the first few times I came across articles on white privilege. After my initial response, I didn't put much more conscious thought into understanding what was going on and would end up distracting myself with food and time until I felt better. I started growing when I came across white 'fragility' because it hit home a bit more, as I am an empath and find myself to be quite sensitive - that is when I decided to meditate.