



MAKING SPACE TO HEAL

Triggers: Pathways, Not Character Flaws

Understanding the neurobiology of emotional triggers

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Triggers Are Not Random

Identifying triggers is the first step toward regaining agency and moving beyond shame.



- **Patterned Responses**
Emotional triggers are predictable nervous system reactions rather than random character flaws or personal failings.
- **Survival Learning**
The body initiates a stress response based on past sensory cues before the conscious mind can process the event.
- **The Path to Agency**
Replace shame with precision by identifying triggers to create the cognitive space required to regain choice.



Trigger Identification

Identifying the 'Small' Triggers

- **Subtle Indicators:** Triggers often manifest through tone, facial expressions, scent, periods of silence, or shifts in physical posture.
- **Immediate Physiological Cues:** Be aware of non-verbal signals like rising shoulders, a tightening jaw, shortened breath, and narrowed attention.
- **The Primary Objective:** Develop the ability to recognize these cues early, allowing for a return to the present moment without the burden of self-judgment.

The Eight Sensory Pathways

Understanding the human sensory systems for engagement and regulation

1

Visual

Interpreting light and environmental cues.

2

Auditory

Processing sound and environmental vibration.

3

Olfactory

Detecting chemical signals and odors.

4

Gustatory

Identifying flavors and chemical input.

5

Tactile

Sensing pressure, temperature, and texture.

6

Vestibular

Managing spatial orientation and movement.

7

Proprioception

Understanding body position and force.

8

Interoception

Monitoring internal physiological states.

Sensory Restoration: Practical Applications

Techniques for grounding yourself through the five senses and body awareness



Sight

Find a visual anchor and widen your gaze to take in your environment.



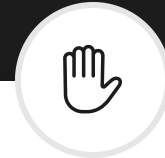
Hearing

Name the sounds you hear and introduce neutral, present-moment ambient noise.



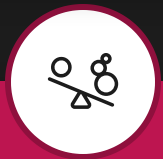
Smell

Use grounding scents or fresh air to anchor your awareness.



Touch

Press feet into the floor and focus on external physical support or textures.



Balance

Slow your movements and maintain a steady visual anchor.



Body Awareness

Adopt a posture that reflects dignity and personal agency.

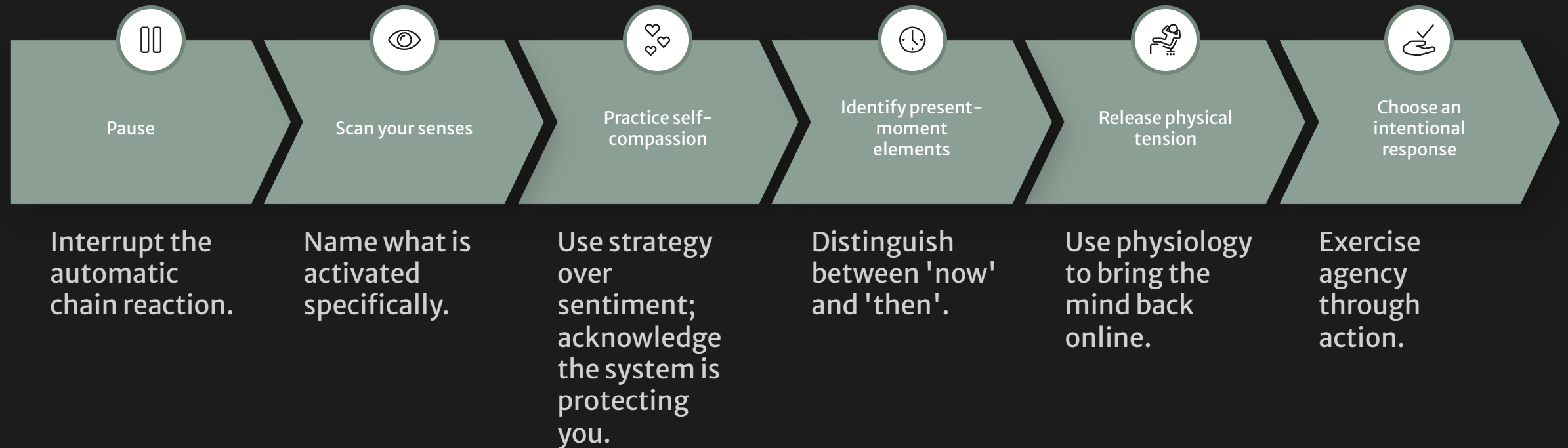


Interoception

Interpret physical sensations as objective data rather than absolute verdicts.

Six-Step Override Protocol

Returning to the Present



Integration, Not Eradication

A new framework for processing triggers and reclaiming agency



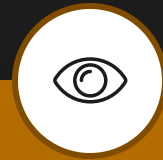
Redefining Wholeness

True wholeness is defined by the integration of all experiences rather than the absence of external or internal triggers.



The Nature of Resilience

Resilience is the ability to maintain consciousness when activated, preventing emotional states from possessing your response.



Sensory Precision

Utilizing precise sensory awareness to create and secure the vital space that exists between stimulus and response.



Restoring Agency

Reclaiming the space between stimulus and response restores your autonomy and the power of the present moment.