Triggers 01 and 02

Pair each trigger with its opposite and a two-second cue you can actually do.

Trigger 01:

Common trigger (criticism, delays, silence, stress)

My old automatic reaction (snapping, hiding, fixing, pleasing, doom-scrolling)

The spiritual opposite I am rehearsing (patience, curiosity, honesty, clear boundaries, trust)

My 2-second pause & new action (one tiny physical or verbal cue I can do today)

Trigger 02:

Common trigger (criticism, delays, silence, stress)

My old automatic reaction (snapping, hiding, fixing, pleasing, doom-scrolling)

The spiritual opposite I am rehearsing (patience, curiosity, honesty, clear boundaries, trust)

My 2-second pause & new action (one tiny physical or verbal cue I can do today)

Triggers 03 and 04

Pair each trigger with its opposite and a two-second cue you can actually do.

Trigger 03:

Common trigger (criticism, delays, silence, stress)

My old automatic reaction (snapping, hiding, fixing, pleasing, doom-scrolling)

The spiritual opposite I am rehearsing (patience, curiosity, honesty, clear boundaries, trust)

My 2-second pause & new action (one tiny physical or verbal cue I can do today)

Trigger 04:

Common trigger (criticism, delays, silence, stress)

My old automatic reaction (snapping, hiding, fixing, pleasing, doom-scrolling)

The spiritual opposite I am rehearsing (patience, curiosity, honesty, clear boundaries, trust)

My 2-second pause & new action (one tiny physical or verbal cue I can do today)

Playbook Notes

Use these lines for anything the playbook brought up.