



The Soulful Sunday Subscription: October 13, 2024

## **Staying Grounded: Planning Ahead for Peace in Triggering Moments**

This week, I want to share something I've learned from personal experience. Like many of us, I've been in situations where someone's behavior triggered me, and before I knew it, I was reacting emotionally—feeling attacked, misunderstood, or defensive.

Yesterday, I found myself in one of these moments with someone close to me. Their words hit me in a way that made me feel like I was under attack. It's so easy to get caught up in that emotional spiral. But there's a strategy that's helped me immensely, and I learned it during therapy. The therapist called it *cope ahead*. This simple but powerful practice involves preparing for situations that might trigger you, so when they happen, you're ready to respond calmly and stay in control of your emotions.

By planning ahead, we can avoid getting swept away by our reactions. It's about protecting our peace and being proactive, so that when life throws a curveball, we're not knocked off balance. I invite you to join me this week in exploring how we can all practice this.

---

### **Journaling Prompts:**

1. ***What behaviors or situations tend to trigger me?***  
Think about moments when you've felt emotionally charged by someone's words or actions. List any patterns or specific behaviors that make you feel defensive or vulnerable.
  2. ***How do I typically react to being triggered?***  
Reflect on your usual responses. Do you withdraw, lash out, or feel the need to explain or defend yourself? How does this reaction serve you, and how could it shift?
  3. ***What can I do to plan ahead for situations that might challenge me this week?***  
Brainstorm a few proactive strategies you can use. This could be practicing deep breathing, using an affirmation, or mentally preparing yourself to stay calm and centered.
  4. ***How can I choose peace over reaction?***  
Visualize what it would look and feel like to stay calm when a trigger arises. What tools can help you stay grounded, and how can you remind yourself to use them in the moment?
- 

### **Affirmations:**

*I am in control of my emotions and choose to respond with calmness and clarity.*

*I can protect my peace, even in challenging moments.*

*I honor my emotions but will not allow them to control my actions.*

*I plan ahead for peace, knowing that I have the tools to remain grounded.*

---

### **Mindfulness Practice:**

This week, take a few minutes each day to practice this visualization exercise:

1. Close your eyes and take a few deep breaths.
2. Picture yourself in a situation where you might typically feel triggered.
3. Imagine the person or situation that challenges you, but this time, see yourself responding with calmness and grace.
4. Feel the power of staying centered, knowing that you have the choice to react peacefully.
5. When you're ready, repeat the affirmation: *"I choose peace over reaction, and I am in control of my response."*

Repeat this exercise any time you feel like you might encounter a triggering situation, and use it to prepare for your week ahead.

---

### Weekly Reflection:

At the end of this week, take some time to reflect on your experiences:

1. *Were there any moments where you felt triggered?*  
Write about what happened and how you felt in the moment.
2. *Did you feel more prepared to handle it after planning ahead?*  
How did this practice help you, and what did you learn?
3. *What can you take from this experience into next week?*  
Think about how you can continue refining your ability to plan ahead and protect your peace in future challenges.

Have a beautiful week,

Charity 💖



