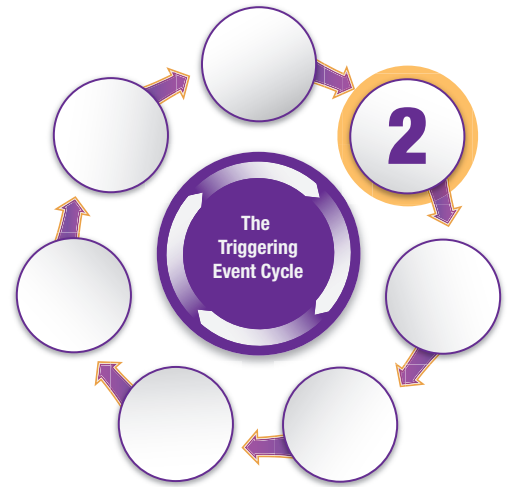


STEP 2: IDENTIFY UNRESOLVED ISSUES AND OLD WOUNDS

Directions: Recognizing how our current reactions may be powered by unresolved old wounds and unfinished business can help us to differentiate between the retriggered roots and what is actually occurring in the present moment. Take some time to create a quiet comfortable, supportive, and safe space for yourself. When you feel centered and present, think about a time you felt deeply triggered and reflect on the following questions:



Does this situation remind me of one or more past experiences?



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Do any specific people from my past come to mind as I think about this current incident?



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The following prompts may be helpful when you identify an old issue or situation that feels connected to a current trigger:

Write out the details of the old situation. (Choose a format that you are confident will be secure and confidential.)

Who was involved?



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What happened?



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How did you feel?



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How did you react?



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Did anyone speak up or try to help/support you?



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How were you impacted by this situation?



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As specifically as you can be, write out what you now wish you had said or done in that situation.



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Write about what you wish someone else had done to interrupt the situation and/or support you in the process.



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Then write out what you would like to say to this person(s) now if you had the opportunity (I am not recommending you confront them, just that you reclaim your voice and personal power.)



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What feelings are coming up for you as you reflect and write about this situation? (Give yourself the gift of release and express these feelings fully ~ to a trusted friend or counselor; through art; as you go running; or by yourself in a safe, comfortable space.)



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After you have identified and expressed your feelings, you may gain some deeper insights into the situation and yourself. It may be helpful to collect these in a journal.



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