Changing Responses: Improving Relationships

TRIGGER SITUATION:

Physical / Sensory
(body memory)

LIFE EXPERIENCE /
STORED MEMORY
(Aware or unaware, that shape our perception of this current event)

Emotions

Words
(Self-beliefs / Thoughts)

Pictures/Images

ACTIONS (Responses based on your perception of current event)

CONSEQUENCES
Changing Responses: Improving Relationships

RE-IMAGINING TRIGGERING EVENTS

Physical / Sensory
(body memory)

Pictures/Images

Emotions

Words
(Self-beliefs / Thoughts)

FUTURE POSSIBLE
EVENTS
(Imagine possible events you
would like to handle
differently)

NEW ACTIONS (Responses based on your perception of current
event)

DESIRED OUTCOME