



A FIELD GUIDE FROM THE SHIFT

Triggers, Survival Mode *and How to Get Out.*

Being triggered leads to Survival Mode. Not being triggered gets you out.

When your feelings are bigger than the event, what that does to you, and how to get out.

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How I knew I was *on the bridge*.

Warrior mode is the bridge between Survival Mode and Sovereign State. You are fighting your way out, and it is where most people get stuck.

For me, it was exhaustion. My brain was overworking. I wasn't at peace. I wasn't as happy and I had less peace, even though I had more. I felt like I was at war with the world, weighed down with the unfairness and the injustice of it. I was perceiving attack more often, and feeling as if I was being singled out.

When I understood what was happening in my mind and body, where it came from, and how to Detrigger myself, it brought a calm and a centredness I hadn't had before. Most of what people said stopped landing the way it used to. It didn't hurt. It didn't feel like an attack. It just didn't bother me.

I still get triggered occasionally, but now it takes something big, not something tiny. And when it happens, I know what to do. So I can come back to the situation, person or place in a calm state I call Sovereign, where I can always find a win-win.

Most of the time, there is nothing to defend, and nothing to attack.

This guide is how I got there, and how I take people there now.

Judi

What is *a trigger*?

A trigger is when something happening now attaches to something unprocessed from before, and you react to both at once.

1 Where a trigger comes from

Your body holds unprocessed feelings, and these rise to the surface when something similar happens again.

2 Why it feels so big

You are feeling the old thing and the new thing at the same time. That is why your feelings are bigger than the event.

3 What it does

This overloads the system, and you react. Your body responds not just to the issue at hand but to everything the old feeling brings with it, all at once. It is more than your system can take in one go.

4 How it becomes Survival Mode

If this happens often, your system doesn't have time to recover and stays permanently in this heightened state. That is Survival Mode.

From trigger to *Survival Mode*.

5 Why it snowballs

You are then much more easily triggered by anything: your child being slow, the car in front stopping, the people in front of you in the queue, someone bumping into you. You live off adrenaline. You are wired. You lose the ability to relax and sleep.

6 Why nothing gets done

Everything feels urgent. Your system can't tell what matters, so it treats everything as an emergency. You battle each day and nothing really gets done. And you risk getting ill.

7 What it costs

Dreams and goals get buried under one emergency after another. Your life becomes just survival. You're not thriving, and you're not building the thing you dreamed of.

Why you get triggered *so easily*.

I learned this from acting. When we work on a script, we put triggers in on purpose. We take something from our own past and put it where the character experiences something similar. It's called substitution. When we want high stakes, we stack several triggers together. We want the adrenaline.

Your body does exactly the same thing all day, by accident.

Someone brushes past you, and it tags on to the time someone knocked you over, or the time your dad hit you. It rains on holiday, and you think it's going to be a crap holiday, because you're still attached to the last time rain ruined a holiday when you were a child. That state ruins this holiday. It becomes a self-fulfilling prophecy.

A + B = C. A happens, you add B from your past, and it equals C. A happens again, you add B, it equals C. That's why you keep finding the same patterns. When A happens and you don't add the B, you don't get C. You get something new.

How to *Detrigger*.

Detriggering is taking away the meaning you've attached, so you get out of a triggered state fast and back to yourself.

S Spot

Catch the moment you start adding meaning. "Oh my God, I know what that means." That is the moment to spot.

H Hear the old meaning

Recognise the B. Every part of you will be sure the old meaning is true. Hear it, but don't add it.

I Interrupt: don't add it, and wait

Remove the meaning:

There is no meaning here.

This means nothing to me.

It is open.

I make no meaning out of this.

Don't put the old meaning onto the other person. While the meaning is still there, don't act. Don't do anything. Wait.

F Find information

Ask questions from a completely clean place: Could you give me more clarity on that? What would that look like for you?

T Take Action

Now act, from this clean place. Act on what you found out, not on the old meaning.

PART FOUR

Are you stuck *on the bridge*?

01 • SURVIVAL

Defeat: living in a triggered state.

02 • WARRIOR

Fighting your way out of Survival Mode. It gets you moving, but you're fighting the ghosts of your past, which is why people get stuck here.

03 • SOVEREIGN

You have healed your triggers, so there is nothing to fight. It's the creative space.

In Warrior mode, the making of meaning happens so quickly that you're already defending yourself. There may have been no attack there.

WHAT THEY MIGHT HAVE SAID

“Can I help you?”

WHAT YOU HEAR IN WARRIOR MODE

*“What are you doing
here?”*

We deal with the trigger *in the moment, and at the root.*

1 Know your triggers

Learn what yours are, so you can catch them in the moment.

2 Detrigger

Get out of a triggered moment fast, and back to yourself.

3 Heal the system

So you are not triggered by things. When there's no old B inside you to add, what people say has nothing to land on.

4 Resurrect the dream

Then we take this new calm, rested, happy you and resurrect the dream that got buried.

FREE LIVE · TUESDAY 6 OCTOBER · 7PM UK

The Detriggering Workshop

Learn how to Detrigger, live with Judi. She will teach some of the tools in this guide on the night, so you leave with skills you can take away and use.

theshift.one/workshop

AN END NOTE FROM JUDI

The tools *I use.*

Over the years I've gathered a lot of tools for getting to this Detriggered place: the Chess Board, Inner Child, Who Am I, the Thought Bubble, the Guilt Bubble and the Case for the Prosecution. Language matters too. Naming something is how you separate from it, and from the meaning you've attached to it. Meditation, communication, your relationship with your subconscious and seeing reality clearly all play a part.

You probably already have your own ways of calming yourself. Often they just need a small adjustment to work far better.

That's why I called it The Shift. Small changes on the inside make big changes on the outside. When you work on the cause rather than dampening the symptoms, the change shows up in how you respond, and in how you experience your life.

Hope to see you live. We have lots to talk about.

Judi

The Shift is personal development and education, not therapy or medical treatment. If you are living with serious trauma or struggling with your mental health, work alongside a qualified professional and speak to your GP.

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